A LIGHTER BRUNCH CLASSIC
PAGE 97

MARCH/APRIL 2014

EatingWell

WHERE GOOD TASTE MEETS GOOD HEALTH

Easy, Healthy Dinners IN A BOWL

THE TRUTH ABOUT SODIUM

ARE YOU BUYING The Right Meat?

Tiny Gardens Big Rewards

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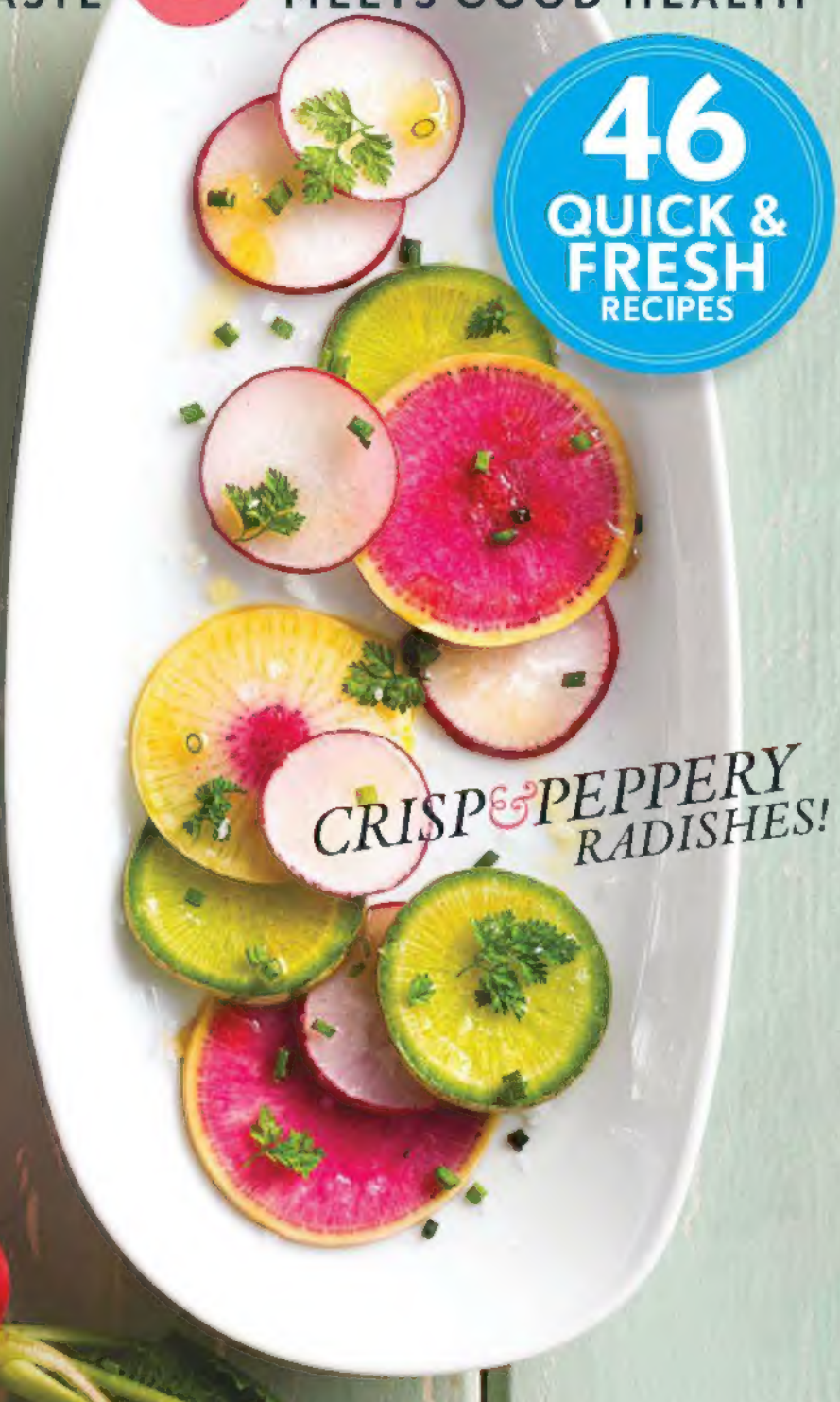
PAGE 8

46 QUICK & FRESH RECIPES



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Sliced raw radishes with fresh chervil and chives, drizzled with olive oil and sprinkled with sea salt.

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ON THE COVER: JIM WESTPHALEN; STYLING: KATIE WEBSTER WITH CAREY NERSHI. RADISHES: THANKS TO MELISSAS.COM; THIS PAGE: LEIGH REISCH

The Promise of Spring

At this time of year I always feel especially hopeful. Maybe it's that I'm anticipating the asparagus that's about to poke up in my mom's garden. She grows way more than she needs, so I end up with her excess, eating so much that by June I never want to see another spear again... until right about now.

But besides the turn to spring, it seems that everywhere I go there are signs of a positive shift in food. Here in *EatingWell*'s backyard in Vermont there's Shelburne Farms, a nonprofit farm that offers education programs to help build a more sustainable future. I love hearing the report from Test Kitchen manager Stacy Fraser, who takes her kids each spring to help out with the baby lambs at the farm barn (*below*), part of its 1,400 acres of working landscape.

> "It seems that everywhere I go there are signs of a positive shift in food."

Another example: the new cookbook called *New School Cuisine.* With a spiral binding, it's a seemingly humble book—with huge aspirations. The recipes sound like they're from the pages of *EatingWell*—Strawberry Spinach Salad, Beet Burgers and Sesame Noodles with Chicken & Vegetables, to name a few. The difference: each recipe makes 30+ servings. It was put together by school cooks to help Vermont schools serve healthier, locally grown foods to kids. It's just one small step in the effort to help kids eat better, but there's real enthusiasm around it. "I've had so many colleagues from around the country call and ask if they can purchase this cookbook," says Doug Davis, director of food service for the Burlington School Food Project. (It's downloadable for free at *vtfeed.org.*)

Many of the stories in this issue also make me hopeful about the changing food landscape. On page 70 we hear how Georgia rancher Will Harris transformed his conventional cattle farm to a 100 percent organic, grass-based, diversified farm. His story shows that going back to the old, simpler ways of farming can be successful. And then there's the sodium story (*page 53*). This isn't my favorite topic. I love salt—I am a devoted cook and I know how it brings out flavors in foods. But I also know that as I get older there's a pretty darned good chance that I, like more than 50 percent of Americans over age 55, will develop high blood pressure, which can lead to heart attack, stroke and kidney failure. But here's where I'm hopeful: we now know more than ever about how excess sodium affects our bodies. And this story gives us the information about where sodium lurks in our diets, ways to avoid it and how to make cutting back on sodium not only realistic, but also delicious.

So in the next few weeks, I'll steam those first stalks of asparagus and serve them with a drizzle of my best olive oil, a tiny sprinkling of Maldon sea salt and a squeeze of lemon to play off that salt. And I'll relish the positive changes we've made and all those to come. Send me a note to tell me what you're hopeful about this spring. And, as always, I'd love to hear what you think about the magazine.

Cheers,

Jessie

Jessie Price, *editor@eatingwell.com*

ON THE FARM
Anyone can visit Shelburne Farms: take a walk, see the sheep, stay or eat at the Inn (May through October) or even take a cheesemaking class. More info at *shelburnefarms.org*

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I'm completely blown away by your cauliflower magic ["Flower Power," Jan/Feb]! I'll never be dismissive of this veggie ever again. Never. I nearly had a foodie stroke over the Mediterranean Cauliflower Pizza; it's so yummy!

JEREMY JOSEPH *Inglewood, TN*

Delicious *and* Vegan

Thank you so much for not only adding vegan recipes, but also adding it to your index. I *greatly* appreciate recipes that are delicious without any milk products.

MICHELLE AMICUCCI *Seattle, WA*

Thank you for the delicious Mini Pineapple Pound Cakes recipe using coconut oil [*In Season*, Jan/Feb]! I am a vegan, and substitutions don't always work in "regular" baking recipes, so I was very happy to find one that does not use butter. It was a hit! The combination of flavors was a tropical explosion in my mouth. More proof that vegan does not equate to cardboard.

IRMGARD KOEHNCKE *Reston, VA*

Heating Enzymes

I have a question regarding the article about pineapple in your Jan/Feb issue [*In Season*]. You write that the bromelain in fresh pineapple helps reduce inflammation. When it is cooked, does the heat destroy this benefit?

SANDRA *Pleasanton, CA*

EDITORS' REPLY: *The bromelain does break down—as do most enzymes—when heated.*

Redesign Love...

I love the new look, recipe format and choice of articles. I never bother to share my thoughts but you motivated me.

BETH MARTIN *New York, NY*

I already loved *EatingWell*. With the changes I love it even more. The recipe and nutrition index at the back makes it so easy to find them and to choose the ones best for my health. The "real people" pieces, *Tastemakers* and "Girlfriends' Diet Club," were interesting and inspiring. I even learned about kombucha (my daughter had asked for a kombucha starter for Christmas and I had no clue what it was). From book reviews to winter salads, I was interested in every single piece.

LAURA NEECE-BALTARO *Winterville, NC*

I really loved the latest issue! Wonderful pairing of soups and breads and alternatives to the traditional starches. The big positive was the article on the dieting club that focused on women over 40.

KAYT MARRA *Delmar, NY*

...And Disappointment

I have noticed that the cover pages of recent editions have started to tilt toward weight-loss topics. This shift is disappointing. Not because losing weight isn't a component of healthy living, but more because the

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magazine seems to be starting to shift toward using words like "skinny" and "diet" to discuss weight loss. That is not what I'm looking for from *EatingWell*. I hope this is not the direction that the publication is heading.

ERICKA BINKLEY *Chicago, IL*

I'm all for revamps and updates, but it seems that the heart and soul of the magazine has been tossed aside. Previously, I looked forward to issues and saved the meaty, in-depth articles. Not so with this new issue. The meat of the magazine is missing... And the Diet Club article: The *last* thing I want to read about is thin, healthy women losing the pounds needed to go from a size 6 to a size 2.

JAMIE SCHEPPERS *Columbia, MO*

Balancing Tilapia

While tilapia [*Market Pick*, Jan/Feb] is sustainable, farmed fish eat soy pellets and are higher in omega-6 than 3. A study in the *Journal of American Dietetic Association* warned people concerned with heart disease to avoid tilapia. What's your opinion?

BOB EVANS *Placerville, CA*

EDITORS' REPLY: *You're right about tilapia and its omega-3 to 6 ratio. Tilapia, unlike more oily fish, doesn't give you heart-healthy omega-3s. That said, it is a tasty, lean source of protein. And it takes relatively little food (compared with other fishes) to raise tilapia. Plus it can be fed a vegetarian diet, so we don't have to harvest other fish to feed it.*

The Case for Canola

I came across a recipe for Cranberry-Pecan Cinnamon Rolls [Nov/Dec 2013] and was perplexed to find the ingredient "canola oil." How do you justify using this GMO?

DENISE DEACON *Kitty Hawk, NC*

EDITORS' REPLY: *We like canola oil because it's lower in saturated fat than butter and has a neutral flavor so it's versatile. It also delivers good-for-you omega-3 fats. If you're concerned about GMOs, use organic canola oil.*

Looking for *Nourish*?

Nourish has moved from its usual spot on the last page to a new home right after *Fresh*.

CORRECTION: *In the Jan/Feb issue, the Glazed Sour Orange & Coconut Cakes recipe is missing 3 eggs. The corrected recipe can be found on* eatingwell.com.

Pinterest

Most-Pinned Recipe from our Jan/Feb issue: **Parmesan Cauliflower Tater Tots**
eatingwell.com/webextra

JIM WESTPHALEN

We want to hear from you! Send your comments to editor@eatingwell.com

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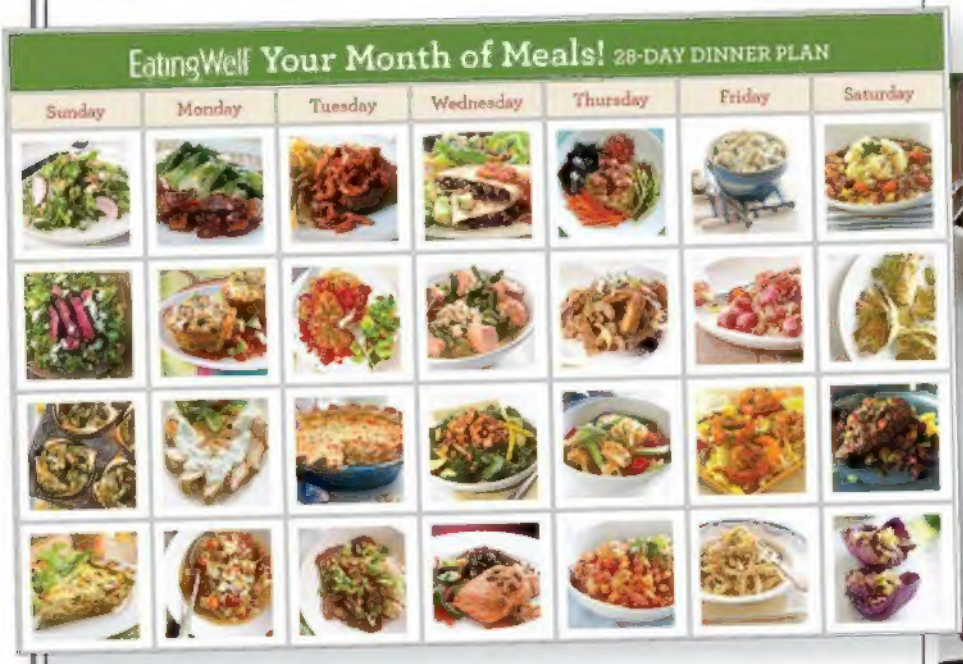

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DRINK YOUR JOE! *4 New Reasons to Pour Yourself a Cup of Coffee* // PAGE 16

FRESH

Welcome Back, Herrings

Love for an underappreciated fish

Every spring, many rivers of the Eastern Seaboard, from Florida to Canada, shimmer silver as river herring swim their way upstream. River herring—the collective name given to two species of herring, blueback herring and alewife—spend most of their lives at sea, but, like salmon, return to their native rivers to spawn.

Once, their historic runs supported fishermen all along the coast. "As recently as 60 years ago it was an important food source," says Greg Wells of the Herring Alliance. "But tastes have changed. And their numbers have dropped. Dams and other obstructions haven't made the journey easy. Nor have the huge fleets that fish Atlantic waters. Using long trawl nets, these fisheries target Atlantic herring, the ocean-dwelling (and similar-tasting) cousin of river herring. But in the process, roughly 3.8 million river herring were scooped up as bycatch last year. These small, oil-rich fish are an important food for wildlife, such as tuna, whales, cod and seabirds.) Ironically, most herring caught in the Atlantic becomes commercial bait for some of our current seafood favorites: lobster, blue crab and tuna—not the most efficient food equation, Wells notes.

AIR LIFT
Volunteers at the 3rd Annual Mystic River Herring Bucket Brigade in Medford, Massachusetts, carry thousands of herring over the dam to their spawning grounds.

There's good news, though. This year, for the first time, laws are in place to limit bycatch. "It was a really significant step," says Wells, whose member groups have also helped remove dams from many river herring habitats. In places where dams still exist, volunteers are lifting fish over them bucket by bucket.

Only a small portion of Atlantic herring makes its way to the human market—pickled in jars or canned. But it's worth revisiting this healthy fish. Its bold flavor can liven up a variety of foods (*see below*). Because river herring remain "a species of concern," look for wild-caught Atlantic herring, a Seafood Watch "good alternative." —*Gretel H. Schueller*

Low on the fish food chain and rich in omega-3s, herring is a smart seafood pick. Here are 2 ways to enjoy it: 1) Serve pickled herring with steamed new potatoes and dill. 2) Make an open-face sandwich on pumpernickel with a spread of sour cream, sliced hard-boiled egg, pickled herring, diced red onion and capers.

PETER BARRETT STOCK/BRAND X PICTURES/GETTY IMAGES • BOSTON GLOBE/GETTY IMAGES

Composting in the City

New curbside pickup services turn trash into treasure

Bucket brigades are taking root across the country—not to fight fires, as centuries ago—but rather to redirect kitchen waste away from overburdened landfills. The thousands of compost buckets now picked up curbside in cities from Ann Arbor, Michigan, to Wayzata, Minnesota, enable a greener end game for food scraps by returning them to the land as organic fertilizer.

That's not the only benefit. Composting also helps curb greenhouse gases. That's because in municipal landfills, food waste (about one-fifth of the waste stream) decomposes differently than when it's composted. In oxygen-starved landfills, food waste generates methane; in contrast, it produces carbon dioxide when composted. And methane is at least 20 times more potent a greenhouse gas than carbon dioxide.

San Francisco and Seattle were among the first cities to run municipal compost programs, saving money in the process; when Portland, Oregon, began composting in 2011, it was able to decrease from weekly to biweekly trash pickups. New York City and Boston have taken notice, recently piloting similar programs. There's also a growing wave of creative startups (*see below*) stepping in where municipal services don't exist. —*John Grossmann*

DIY COMPOSTING BASICS **When you're collecting for your own backyard composter, don't include greasy food, meat, fish, bones, dairy and large seeds (cherry seeds, avocado pits, peach pits). That's because the temperature of the decaying mix doesn't get hot enough to break these down properly (some commercial programs do). Bucket-friendly items include fruits, veggies, eggshells, coffee grounds and tea bags (sans staples). For home-composting help, go to the resources page of *compostingcouncil.org*.**

GARBAGE TO GARDEN
PORTLAND, MAINE

According to founder Tyler Frank, his company has signed up 10 percent of Portland's residents and four neighboring towns. The service also collects used cooking oil and bacon grease in separate containers, which it recycles into a biodiesel fuel for its truck and into a soap to clean its compost buckets.

BENNETT COMPOST
PHILADELPHIA

"I got started because I wanted to compost but I didn't have a way to do that, living in a city apartment," says Tim Bennett, founder of Bennett Compost, which serves more than 900 households. Members can receive up to 10 free gallons a year of the final product—fertile soil—as part of the weekly pickup service.

VOKASHI KITCHEN WASTE SOLUTION
BROOKLYN

Vandra Thorburn serves 50 apartment dwellers and 15 businesses in Manhattan, Queens and Brooklyn. Her members use a Japanese method of adding microbe-inoculated bran to ferment the food waste, which curbs odors and potential pest problems, so compost pickups can be stretched out to once a month.

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TINY GARDENS: BIG REWARDS

How a neighborhood came together to eat better, save money and even lose weight

Emily Organ had been growing vegetables on the strip of land between the street and sidewalk outside her home in the Victory neighborhood of northwestern Minneapolis for years. Then in 2013, she decided to get her neighbors to join in and convinced her neighborhood association to fund the Victory Tiny Fields Project.

Participants received compost, gardening tips, seeds and seedlings to plant a 12-by-9-foot space. It was a huge success. "The project really opened my eyes to the joys of eating fresh vegetables," says Paul Schulz, who was initially skeptical. "They tasted better than anything in the store." A more tangible benefit: his family's grocery bill decreased 40 percent when the garden was at its late-summer peak.

Lynn Keillor jumped at the chance to turn her trash-filled boulevard into a garden. She even lost a few pounds. (She figured it was because she was eating more veggies.) Perhaps one of the greatest successes was connecting neighbors by bringing gardens street-side. "When people talk to each other they build a network that roots them more closely to the neighborhood," notes Diane Spector, chair of the Victory Neighborhood Association. Organ hopes to eventually expand the program across the country. —*Carolyn Malcoun*

Daily gardening cut the risk of heart attack or stroke by 27% among adults over 60, in a study published in the British Journal of Sports Medicine.

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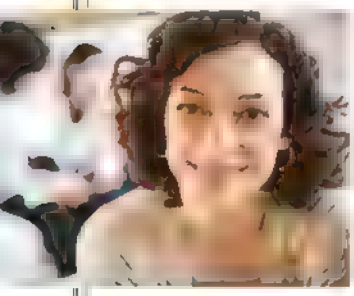

NATURAL BEAUTY

The Secret to Looking Years Younger

Here's a new re[illegible] more oily fish, fruit [illegible] and [illegible] ep your heart healthy: it m[illegible]y help yo[illegible] look [illegible]nger. A recent study [illegible] and **women around 60 years of age with the lowest risk of cardiovascular disease looked more than 2 years younger compared to women with a higher risk.** [illegible] blood press[illegible]re ([illegible] that higher bl[illegible] [illegible] t[illegible] [illegible] ipressure [illegible] [illegible] slim

MEDITERRANEAN DIET

Fewer Hot Flashes

A cool reason to eat the Mediterranean way

The Mediterranean diet—which includes lots of fruits, vegetables, whole grains, olive oil and even a daily glass of red wine—is associated with healthier hearts and slimmer waists. Additionally, new research shows that menopausal women who eat a Mediterranean-style diet are about 20 percent less likely to report hot flashes and night sweats. In contrast, women eating a high-fat, high-sugar diet are more likely to experience those symptoms. Researchers believe that the high fiber content of a Mediterranean diet may stabilize estrogen levels, which in turn can lessen symptoms. The diet also helps keep blood sugar in an optimal range, which may be a factor in relieving menopause discomfort as well.

GET MEDITERRANEAN DIET RECIPES at eatingwell.com/wpdext[illegible]

Q Diet vs. exercise: which is better for weight loss?

A If you really want to see that number on the scale drop, what you put in your mouth matters most. People who simply cut calories to slim down lose about 2 pounds a week, says a study in the *International Journal of Obesity and Related Metabolic Disorders*. At the same time, people who exercise but don't restrict calories drop less than half a pound each week.

Why doesn't physical activity produce the same pound-dropping results as calorie restriction? One thought is that though exercise burns calories, it doesn't rev your metabolism, says a study in *Obesity Reviews*. It also doesn't prevent your metabolism from slowing as you lose pounds. As you slim down—via any method—your metabolism slows incrementally with your weight loss and, despite what many believe, exercising doesn't keep that from happening. As you lose weight, you burn fewer calories via exercise. For example, a 150-pound person who works the elliptical for 30 minutes burns about 306 calories. After losing 10 pounds, that person will burn about 286 calories doing the same workout. So to burn 306 calories, you'd need to extend your workout.

EDITOR'S PICK
"I love my Misfit Shine activity tracker. It tracks my activity, my sleep, and easily syncs with my phone."
—Lisa D'Agrosa, Assoc. Nutrition Editor

Think diet *and* exercise combined equals more weight lost? Guess again: research shows people who diet and exercise for weight loss drop the same amount of weight as people who only diet. They are, however, more successful keeping the weight off than their counterparts who simply eat less.

Cut calories to lose weight. But add in some activity to stay slim long term. Plus, exercise can boost your mood and energy.

Send your nutrition questions to Nutrition Editor at *askus@eatingwell.com*

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COFFEE SCIENCE by Emily Rogan

Get Jazzed About Java

Go ahead, brew and pour. Previous studies have shown coffee can lower your risk of diabetes, liver cancer, Alzheimer's and skin cancer. Here are 4 new reasons to drink your coffee and feel good about it.

BOOST YOUR BLOOD FLOW

A new study presented at an American Heart Association meeting found that young adults who drank a cup of caffeinated coffee boosted their blood flow compared to when they drank decaf. Researchers looked at blood flow in the finger, which indicates how well the body's smallest blood vessels—particularly, the inner linings of these blood vessels—work. Studies have linked poor function of this lining to an increased risk of heart attack, heart disease and stroke. The researchers suspect that caffeine opens up blood vessels and has anti-inflammatory properties.

LABEL MAGIC

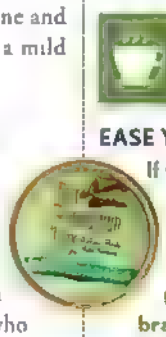
When coffee is labeled "eco-friendly," people perceive it as tasting better, according to a recent study.

IMPROVE YOUR OUTLOOK

Researchers at the Harvard School of Public Health reviewed data from three large studies—of nearly 200,000 adults and found that the risk of suicide for adults who drank two to four cups of caffeinated coffee per day was half that of those who drank decaf or little or no coffee. The researchers believe that caffeine boosts neurotransmitters in the brain, such as serotonin, dopamine and noradrenaline—acting as a mild antidepressant.

CUT YOUR RISK OF ORAL CANCER

People who drank at least one cup of caffeinated coffee a day cut their risk of developing throat or mouth cancer compared to those who drank none. The risk was 20 percent lower among those who drank one to two cups daily and 50 percent less if they drank more than four cups, states a study in the *American Journal of Epidemiology*. The authors say more research needs to be done to understand why.



LEARN TO BREW THE PERFECT CUP at eatingwell.com/v

EASE YOUR CONSCIENCE

If you love the convenience of single-serving coffee makers but hate how those plastic cups are piling up in landfills, three brands now offer a biodegradable, single-cup solution: Canterbury Coffee's OneCoffee, San Francisco Bay's OneCup and Organic Coffee Company's OneCup.

PETNUTRITION by Dr. Deborah Linder, DVM, DACVN, Tufts Obesity Clinic for Animals

The Best Produce for Pets

The average dog owner spends $65 on dog treats each year, yet the healthiest and least expensive treats for your pet could already be in your fridge! Many vegetables and fruits can provide a perfect chewy crunch. Especially in light of the recent rawhide recalls, asparagus spears and celery stalks are great chew-toy alternatives for dogs. Yes, really! You might need to give it a few tries if your dog is new to produce. Any crunchy or chewy vegetable can also spark a cat's interest. (Zucchini is popular with cats because of the semi-moist crunch.) The only thing cats don't go for is fruit because they lack sweet taste receptors.

Just be careful not to overdo it. Dogs and cats should get no more than 10 percent of their total calories from treats to avoid unbalancing their diet. Each animal is different, so ask your vet how many calories your pet should get. On average, a slim 10-pound cat should eat about 200 calories per day and a slim 60-pound dog should get about 800 calories per day (meaning 20 or 80 calories in treats, respectively, for your cat or dog each day).

Here are a few healthy treats to try (calorie amounts in parentheses):

- Carrots: ⅛ cup slices (7)
- Asparagus: 3 spears (10)
- Blueberries: 12 berries (10)
- Watermelon: 6 melon balls (23)
- Strawberries: 1 large (6)
- Peaches: ½ medium peach (30)
- Zucchini: 1 cup chopped (20)
- Green bell peppers: ¼ cup chopped (7)
- Celery: 1 stalk (7)
- Cucumber: ½ cup slices (8)
- Broccoli: ¼ cup chopped (7)

Not all foods are safe for pets, though, so beware of foods that are potentially toxic: grapes, raisins, garlic, onion, avocado and chocolate

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Snack Before You Shop

You've heard you shouldn't grocery shop on an empty stomach. **Here's why: you'll buy 20 percent more food**—which means you'll spend more—and you're more likely to stock up on higher-calorie foods, says a new study from Cornell. To stay on track, go to the store after a meal or nosh on a good-for-you snack first.

CHOPSMART by Lisa D'Agrosa, M.S., R.D.

Pasta Sauce: *Our Healthiest Picks*

It's hard to beat the ease of opening a jar (unless, of course, it's screwed on super-tight) to help bring pasta night together in a flash. To find a sauce that's good for you, here's what you need to know.

THE VARIATIONS Different flavors by the same brand can have very different ingredients and nutrition stats, so check the labels even when choosing between almost identical-looking sauces.

MONEY MATTERS You get what you pay for. The premium brands ($7-9) we tested had cleaner ingredient lists and tasted better than the $3-4 sauces.

BRANDS TO TRY We sampled plain marinaras that met our nutrition guidelines. We thought lower-sodium options might be lacking in taste, but were pleasantly surprised to find some healthy sauces with plenty of flavor. At left, brands we liked: Amy's Light in Sodium Family Marinara, Dell'Amore Original Recipe and Victoria Low Sodium Marinara.

Typically Found In: Soy sauce, dark breads and baked goods, beer and colas.
What You Need to Know: The FDA maintains that caramel color in foods is safe, but some animal studies suggest a compound found in some caramel colorings (4-MEI) may cause cancer. Recently, California's EPA began requiring a cancer warning for products with significant amounts of 4-MEI. As a result, Coca-Cola and PepsiCo reformulated their colas sold in the U.S. (the latter in February 2014) and now use a 4-MEI-free caramel color. There's no way to know which type of caramel color might be in your food, but most are consumed in such small quantities it shouldn't be a health concern. If you're worried, look for products free of caramel color.

My Lunch My Way My Creations

TODAY'S LESSON: SUPREME SALADS WITH TUNA CREATIONS

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not so obvious

5 Diet Mistakes Everyone Makes

When it comes to watching your waistline, you know it's important to control your portion sizes, cut back on calories and eat more fruits and veggies. But are some of your other habits hindering your efforts? Watch out for these 5 trip-ups. By Karen Asp

1 EATING OUT ONCE A WEEK

Restaurant meals typically deliver more calories than homemade ones. And dining out even just once a week could hinder your slim-down efforts. Women who ate lunch out at least once a week lost an average of five pounds less over the course of a year than those who ate out less frequently, according to a study in the *Journal of the Academy of Nutrition and Dietetics*. (Eating breakfast and dinner out, by the way, had a similar effect.) Although researchers can't say that dining out definitively caused weight gain, knowing how many calories you're getting "can be more challenging when you eat out because you're not in control of ingredients, how food is prepared and portion sizes," says Angela Kong, Ph.D., R.D., M.P.H., lead author and research scientist at the University of Illinois at Chicago. If you do dine out, check the restaurant's menu for nutritional information, ask for healthy modifications (for instance, requesting salad dressing on the side) and eat smaller portions.

2 CHEWING GUM BEFORE MEALS

Although research has found that gum can quell hunger, even help you lose weight, that theory may not stick depending on when you chew it, according to a new study from the journal *Eating Behaviors*. People who chewed minty gum before meals and snacks for a week ate less healthy food compared to a week in which they chewed no gum. Researchers suspect that the flavor of the minty gum made healthy food (like fruits) less tasty to eat. Don't want to give up your gum? Pop a piece of minty gum in your mouth *after* your meal or try a fruity or cinnamon flavor.

67 CALORIES

The amount you can save per meal by eating slower (29 versus 9 minutes). Slow down by taking smaller bites, pausing between bites and eating before you get famished (increased hunger can lead to faster eating).

3 CHOOSING FUN-SIZE TREATS

Minding your food portions is crucial to losing weight. But relying on small, pre-portioned packages to do the work for you may backfire, says a new study in the *Journal of Marketing*. People actually ate multiple packages and up to twice as many gumdrops when they were wrapped in small packages versus loose in a bowl. "People thought they didn't have to worry about watching calories or how much they ate because the package would help them, but once they made that decision, they basically couldn't stop eating," says Jennifer Argo, Ph.D., Cormie professor of marketing at the University of Alberta in Canada. To help fight the urge, stick to one single-packaged treat at a time or portion a serving out from a larger package (eating straight from the bag can also cause you to eat more food) before sitting down to eat.

4 FEELING GUILTY FOR INDULGING

Treats are bound to tempt you when you're dieting. Yet if you indulge every now and then, don't beat yourself up. Women who felt guilty about eating treats were actually less successful at losing weight over a three-month period than women who felt happy while noshing, according to a new study in the journal *Appetite*. Researchers have several theories for why guilty feelings may inhibit weight loss—they may make you feel like you've lost control or are helpless or even make "forbidden" foods more desirable, resulting in increased cravings. So when you indulge in a treat (on occasion), enjoy it! Then get right back on track to eating well, no guilt necessary.

5 SELECTING FOODS LABELED LOW-FAT

Foods labeled low fat sound healthier (and sometimes they are), but they could make you eat more food—and as a result, more calories—than you intended. When people were served a lunch labeled low-fat, they consumed more calories than when they had the exact same meal without the label, says a study from *Appetite*. In another study from the same journal, female college students significantly underestimated the calorie content of chocolate candy labeled low-fat. Although, low-fat products contain less fat, they sometimes deliver the same number of calories as the original version. If you do choose foods labeled low-fat, be aware of this "health halo" and mind your portions.

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The Zen of Cooking

Sometimes the way you cook is more important than the recipe

By Laura Deutsch

While some women were beating egg whites, I was beating opponents in court. As an overworked public interest lawyer, the last thing I wanted to do when I dragged myself home, I claimed, was slice and dice and tap my toes until onions glowed translucent.

The truth was I didn't know how to cook, but after years of eating takeout, I longed for home-cooked meals. So I decided to sign up for a five-day Cooking and Meditation retreat at Tassajara Zen Mountain Center, six hours south of my home in Marin County, California. I was familiar with *The Tassajara Bread Book*—considered a bread bible in some circles—which celebrates the miracle of dough rising, the sweet fragrance of loaves baking. Plus, not only would I have a measurable goal—surely, I'd learn to cook *something*—it would be relaxing. The Zen monastery sits in the secluded Santa Lucia Mountains. In the natural hot springs there, I could soak away the stress of "real life," I thought.

On the first day of our workshop, I discovered that this wasn't the how-to-cook class I had expected. At Tassajara, cooking was simply a way into Zen—a way to practice mindfulness. I went with the flow.

We began by paying attention to the tastes and textures of food. In the kitchen, we passed around bowls of carrots, broccoli and potatoes that we'd boiled, steamed, baked and broiled, digging in with our forks to compare the flavors. I had always steamed my vegetables (quick and fat-free). Now I learned that veggies are sweeter when baked or broiled rather than steamed because sugars are released in the process.

Our workshop leader made raw kale salad, squeezing the leafy greens between his hands with a bit of salt, turning the kale juicy and tender. He added honey, the juice of a lemon, garlic and green onion. After each step, he passed the plate around, so we could taste the effect. We nodded our heads as we munched and called out our verdicts: bitter, earthy, salty. Sweet, tart, pungent.

But the workshop wasn't just about noticing what happened to the food as we prepared it. It was also about observing our own thoughts. For example, my judging mind saw the skillful way our teacher sliced and chopped, comparing his technique to that of my struggling classmates, who hacked their way through celery and onions. During the first couple of days, I also noticed how much I thought about my work back home.

I recalled the words of Thich Nhat Hanh, a Vietnamese Zen monk: "Take peaceful happy steps... do not try to arrive anywhere... We always want to do things in order to get something. The practice of mindfulness is the opposite." The man is obviously not a lawyer.

To get my mind off work, I volunteered in Tassajara's kitchen, tearing lettuce for salad. Lined up with the other volunteers at a butcher-block island, I sliced the cores out of red lettuce, tore bushels of leaves and tossed them into gallon buckets. To my surprise, this simple task was calming and taught a lesson that would serve me well in "real life": Tear gently. Don't force. Allow.

The head of the kitchen told me, "The main thing is not the food, it's the practice. To be present. To give with generosity. To have compassion."

Basic cooking lessons took on broader meaning. Remove the stones from the beans; take what comes into your life and make something good with it. Improvise on recipes; tune in to the tastes and create dishes that taste good to *you*. And so I learned secrets of cooking not found in most recipe books: slow down, trust my intuition. Pay attention, and value whatever is presented to me. Cooking was as restorative as the dish itself. I was present as I added resinous rosemary to soup and bided my time as bread baked.

When I went home, I was determined not to lose what I had learned. Memories of fresh-baked bread and steamy bowls of homemade soup stayed with me. The law firm fed my bank account, but home-cooked meals were now feeding my soul. One night, I prepared a delicious cannellini and kale soup. I sliced the leeks, garlic and carrots mindfully, squeezed the seeds from the tomatoes, carefully pulled the fresh kale from its ribs and thyme from its stalks and added the beans to a savory broth. I enjoyed the process, one ingredient at a time. No rush to get to the next item on my agenda. Again I remembered, cooking in the moment is as nourishing as the food. And I was in the moment.

Laura Deutsch's *book* Writing from the Senses *will be published by Shambhala in May. Her work has appeared in the* Los Angeles Times *and* More *magazine.*

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WEEKNIGHTS

Super Bowl Suppers

Easy, healthy and convenient, nothing beats these all-in-one-bowl meals

Spring is well, springing and that means the football season and its culminating Super Bowl is well behind us. But that doesn't mean that all the bowl games have to come to an end. In the transition from winter to spring this year, we have a new way to present a complete meal: Dinner in a bowl! Each of these "super bowl" suppers layers everything you could want in a meal: tender-crisp vegetables, whole grains or a savory starch, and a tasty portion of protein. And because your whole dinner is in the bowl, there's no need to make a separate side dish. Plus the recipes are fast. Both our Chicken & Snap Pea Stir-Fry and our Quick Shepherd's Pie with its brothy filling of lamb, carrots and corn topped with creamy mashed potatoes, are ready in 35 minutes. Time to try a dish from our warmer-weather playbook? Clever ginger-soy tuna on brown rice with a fresh mix of carrots, cucumber, pickled onions and nori.

Each one of these super bowl suppers will score big points on your table any night of the week. —THE EDITORS

SEARED TUNA TATAKI QUINOA BOWL

ACTIVE: 45 MIN **TOTAL:** 45 MIN

Tataki is a Japanese cooking technique where meat or fish is flash-seared, sliced, then given a quick, gingery marinade. Here we place naturally lean ahi tuna on top of a satisfying quinoa vegetable and seaweed salad that's conveniently dressed with some of the flavor-packed tataki marinade. (Photograph page 27.)

- 1 cup thinly sliced red onion
- ¼ cup reduced-sodium soy sauce
- 3 tablespoons lime juice
- 2 tablespoons mirin *(see Tip, page 101)*
- 1 tablespoon finely grated ginger
- 2 cups water
- 1 cup quinoa
- 1 pound ahi (yellowfin) tuna *(see Tip, page 101)*
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 3 tablespoons canola oil, divided
- 1⅓ cups matchstick-cut carrots
- 1⅓ cups matchstick-cut seeded cucumber
- 4 sheets toasted nori, snipped into ½-inch squares

1. Combine onion, soy sauce, lime juice, mirin and ginger in a 7-by-11-inch (or similar-size) baking dish. Set aside to marinate.
2. Bring water to a boil in a medium saucepan. Stir in quinoa. Reduce heat to a simmer, cover and cook until the grains are tender and reveal their spiraled germ, about 15 minutes. Remove from heat, uncover and fluff.
3. Meanwhile, season tuna on both sides with salt and pepper. Heat 1 tablespoon oil in a large skillet over high heat. Add tuna and sear for 1 minute on each side for medium-rare. Transfer to a cutting board and cut into ½-inch slices. Remove the onions from the marinade with a slotted spoon and reserve; transfer the sliced tuna to the marinade. Gently toss to coat and let sit 5 minutes. Use tongs to transfer the tuna back to the cutting board and cut into cubes.
4. Add the remaining 2 tablespoons oil to the marinade; stir 3 tablespoons of the mixture into the quinoa. Divide the quinoa among 4 shallow bowls and top with equal portions of the tuna, reserved onions, carrot, cucumber and nori. Drizzle with the remaining marinade and serve immediately.

SERVES 4

Calories 431, **Fat** 14g (sat 1g), **Cholesterol** 44mg, **Carbs** 39g, **Total sugars** 8g (added 0g), **Protein** 36g, **Fiber** 5g, **Sodium** 757mg, **Potassium** 974mg

Nutty-tasting, toothsome farro is a favorite of ours because it's rich in fiber, packed with protein and cooks up in 30 minutes or less. Look for it near other whole grains and rice at your supermarket.

SALMON & ASPARAGUS FARRO BOWL

ACTIVE: 40 MIN **TOTAL:** 40 MIN

Farro completes a spring-themed bowl that features salmon poached in a miso-infused broth, with bites of tender asparagus and sautéed leeks. If you use farro that's labeled "pearled," a faster-cooking farro, to make this dish, start with a full cup of grains and reduce the cooking time to 15 minutes. To clean the leeks, trim off the green tops and white roots and split lengthwise. Place in a large bowl of water and swish around to release any sand or soil. Repeat until no grit remains.

- 3 cups water
- ¾ cup farro
- 1 tablespoon extra-virgin olive oil
- 2 cups halved and thinly sliced leeks, white and light green parts only
- 1 bunch asparagus, trimmed and cut into 1-inch pieces
- 2 cloves garlic, minced
- 2 cups low-sodium chicken broth or "no-chicken" broth
- 3 tablespoons white miso *(see Tip, page 101)*
- 1¼ pounds wild Alaskan salmon fillet, skinned and cut into 1-inch pieces
- 3 tablespoons very thinly sliced fresh basil
- ¼ teaspoon pepper

1. Combine water and farro in a medium saucepan and bring to a boil over high heat. Reduce heat to medium-low, cover and cook until tender and chewy, about 30 minutes. Drain.
2. About 15 minutes after you start the farro, heat oil in a large saucepan over medium heat. Add leeks and cook, stirring often, until beginning to soften, about 2 minutes. Add asparagus and garlic; cook, stirring, until the asparagus is bright green, about 2 minutes. Add broth and miso; increase heat to high and bring to a boil. Reduce heat to medium and gently stir in salmon. Simmer for 3 minutes. Remove from heat and stir in basil and pepper.
3. Divide the farro among 4 deep bowls and top with the salmon stew.

SERVES 4: 1½ CUPS STEW & ½ CUP FARRO EACH

Calories 407, **Fat** 11g (sat 2g), **Cholesterol** 66mg, **Carbs** 40g, **Total sugars** 4g (added 0g), **Protein** 37g, **Fiber** 5g, **Sodium** 432mg, **Potassium** 847mg

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QUICK SHEPHERD'S PIE

ACTIVE: 35 MIN **TOTAL:** 35 MIN

This re-imagining of the casserole classic calls for flavorful lean ground lamb, which isn't always easy to find. Ask your butcher to grind it for you or, to make your own, start with a lean cut, such as leg or loin, trimmed of any excess fat and cut into 1-inch pieces. Pulse briefly in a food processor just until uniformly ground. If you like, use lean ground beef or turkey instead.

- 1 pound Yukon Gold potatoes, cut into 1-inch chunks
- ¼ cup low-fat milk
- 2 tablespoons butter
- ½ teaspoon salt, divided
- ½ teaspoon freshly ground pepper, divided
- 1 tablespoon extra-virgin olive oil
- 1 pound lean ground lamb
- 1 medium onion, finely chopped
- 2 cups chopped carrots
- 3 tablespoons all-purpose flour
- 1 tablespoon chopped fresh oregano
- 1 14-ounce can reduced-sodium chicken broth
- 1 cup frozen corn, thawed

1. Bring 2 inches of water to a boil in a large pot fitted with a steamer basket. Add potatoes and steam until tender, 10 to 12 minutes. Drain and return the potatoes to the pot. Add milk, butter and ¼ teaspoon each salt and pepper. Mash together to a chunky consistency. Cover to keep warm.

2. Meanwhile, heat oil in a large nonstick skillet over medium-high heat. Add lamb, onion, carrots and the remaining ¼ teaspoon each salt and pepper; cook, stirring, until the lamb is no longer pink, 6 to 8 minutes. Sprinkle flour and oregano over the mix and cook, stirring, for 1 minute. Add broth and corn; bring to a simmer and cook, stirring, until thickened, 3 to 5 minutes more.

3. Ladle the lamb stew into 4 bowls and top with the potatoes.

SERVES 4: 1¼ CUPS STEW & ½ CUP POTATOES EACH

Calories 410, **Fat** 16g (sat 6g), **Cholesterol** 74mg, **Carbs** 43g, **Total sugars** 7g (added 0g), **Protein** 25g, **Fiber** 5g, **Sodium** 630mg, **Potassium** 1,167mg.

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EDITOR'S PICK
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—Jessie Price, Editor-in-Chief

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CHICKEN & SNAP PEA STIR-FRY OVER ANGEL HAIR PASTA

ACTIVE: 35 M N **TOTAL:** 35 M N

This seasonal stir-fry of vegetables and golden-brown cubes of chicken breast is high lighted with the sweet flavors of sliced fennel crispy snap peas and tarragon. Use a cast-iron skillet or carbon-steel wok for the frying to guarantee a beautiful sear on the ingredients Serve this over angel hair pasta and you've got a complete spring supper

- 8 ounces whole-wheat angel hair pasta
- 1 pound boneless, skinless chicken breasts, trimmed
- ¾ teaspoon salt, divided
- ½ teaspoon freshly ground pepper, divided
- ¼ cup all-purpose flour
- 3 tablespoons extra-virgin olive oil, divided
- 1 medium bulb fennel, cored and sliced
- ¼ cup thinly sliced garlic
- 1 pint cherry tomatoes, halved
- 2 cups snap peas, trimmed
- ⅓ cup white wine
- 4 teaspoons chopped fresh tarragon

1. Bring a large pot of water to a boil. Add pasta and cook until just tender, about 4 minutes. Reserve ¼ cup of the pasta water, then drain and keep the pasta warm

2. Meanwhile, cut chicken into 1-inch cubes and sprinkle with ¼ teaspoon each salt and pepper Place flour in a shallow dish. Add chicken and toss to coat.

3. Heat 1 tablespoon oil in a large cast-iron skillet or flat-bottom carbon-steel wok over medium-high heat until shimmering. Add the chicken and cook, stirring, until browned and just cooked through, 4 to 5 minutes. Transfer to a plate

4. Add the remaining 2 tablespoons oil, fennel and garlic to the pan; cook, stirring, until the vegetables just start to soften, 1 to 2 minutes. Add tomatoes, snap peas, wine, the reserved pasta water and the remaining ½ teaspoon salt and ¼ teaspoon pepper. Continue to cook, stirring, until the tomatoes start to burst, about 3 minutes.

5. Return the chicken to the pan along with tarragon, cook, stirring, until the liquid is slightly thickened, about 2 minutes more. Serve the chicken and vegetables over the pasta

SERVES 4: 1¼ CUPS CHICKEN & VEGETABLES, 1 CUP PASTA EACH

Calories 517, **Fat** 14g (sat 2g), **Cholesterol** 63mg, **Carbs** 62g, **Total sugars** 6g (added 0g), **Protein** 35g, **Fiber** 11g, **Sodium** 534mg, **Potassium** 869mg

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YOU ELEVATED ME FROM A HUMBLE SIDEKICK
TO "PLEASE PASS THE POTATOES."

Truly and Lovingly.
~POTATO

WISCONSIN CHEESE

Outdo Ordinary

Herbed Chicken and Tomatoes

pasta, such as spaghetti or linguine
McCormick Gourmet™ Basil Leaves
McCormick Gourmet Garlic Powder
McCormick Gourmet Crushed Rosemary
can (14 1/2 oz.) petite diced tomatoes, drained
Kitchen Basics® Unsalted Chicken Stock

COOK ... remaining seasoning mixture in dish. Coat chicken in seasoned flour.

HEAT 1 tbsp. oil in large skillet on medium heat. Add chicken in ... on. Add additional 1 tbsp. oil as needed. Remove chicken from ...

HEAT ...

McCormick

AFRICAN SWEET POTATO & CHICKEN STEW

ACTIVE: 45 MIN **TOTAL:** 45 MIN

Variants of chicken and peanut stew can be found all over West Africa. Our take on the dish is packed with nutrient-rich sweet potatoes, plus we opt for no-salt-added tomatoes to keep the so[illegible]

- 1 pound boneless, skinless chicken thighs, trimmed
- 2 teaspoons ground coriander, divided
- ¾ teaspoon salt, divided
- 2 tablespoons extra-virgin olive oil, divided
- 1 large onion, halved and sliced
- 1 tablespoon grated fresh ginger
- 1 large sweet potato (about 1 pound), peeled and cubed (½-inch)
- 1 28-ounce can no-salt-added whole tomatoes *(see Tip, page 101)*, chopped (juice reserved)
- ¼ cup smooth natural peanut butter
- 2 tablespoons lime juice, divided
- ¼ teaspoon cayenne pepper or ½ teaspoon crushed red pepper
- 1½ cups water
- 1 cup whole-wheat couscous
- 1 cup chopped cilantro

1. Cut chicken into bite-size pieces and sprinkle with 1 teaspoon coriander and ½ teaspoon salt. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add the chicken and cook, stirring, until browned on all sides, about 4 minutes. Transfer to a plate.

2. Add the remaining 1 tablespoon oil, onion and ginger to the pan and cook, stirring, until lightly browned, 3 to 5 minutes. Add sweet potato, tomatoes and their juice, peanut butter, 1 tablespoon lime juice, cayenne (or crushed red pepper) and the remaining 1 teaspoon coriander and ¼ teaspoon salt. Bring to a boil. Reduce heat to maintain a simmer, cover and cook, stirring occasionally, until the sweet potato is tender, 14 to 16 minutes. Return the chicken and any accumulated juice to the pan and cook until heated through, about 2 minutes more.

3. Meanwhile, bring water to a boil in a medium saucepan. Stir in couscous and the remaining 1 tablespoon lime juice. Cover, remove from the heat and let stand for 5 minutes. Fluff with a fork, stir in cilantro. Serve the stew over the couscous.

SERVES 4: 1¾ CUPS STEW & 1 CUP COUSCOUS EACH

Calories 612, **Fat** 24g (sat 4g), **Cholesterol** 78mg, **Carbs** 68g, **Total sugars** 13g (added 0g), **Protein** 35g, **Fiber** 12g, **Sodium** 465mg, **Potassium** 948mg.

[illegible]

[illegible]

[illegible]

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IN SEASON

RADISHES

The Ravishing Radish

Spring radishes burst from the ground and into our kitchens just three to six weeks after the seeds have been planted. Given this energetic growth spurt and their vibrant colors, it's no wonder they have a sturdy, crunchy texture with the assertive flavor to match. This robustness is no surprise: they're a member of the *Brassicaceae* family—cousins to broccoli, cauliflower and horseradish—which also explains their healthy nutrition profile. They're low in calories, high in vitamin C and also contain some fiber and folate. We give peppery raw radishes their due in open-face tea sandwiches and a watercress and arugula salad, but don't overlook their versatility. When cooked, radishes mellow, becoming succulent and sweet. Try them roasted with leeks or pureed with potato in a creamy soup. Prepare to be ravished by this fresh taste of spring. — BREANA LAI

RADISH TEA SANDWICHES WITH CREAMY DILL SPREAD

ACTIVE: 20 MIN **TOTAL:** 20 MIN

These tea sandwiches with creamy dill spread are served open-face to show off the pretty sliced radishes on top.

- 4 ounces reduced-fat cream cheese or creamy goat cheese
- 2 tablespoons chopped fresh dill, plus sprigs for garnish
- 1 tablespoon capers, rinsed and chopped
- ⅛ teaspoon freshly ground pepper, plus more for garnish
- 12 slices cocktail-size thin pumpernickel or rye bread
- 6-8 medium radishes, thinly sliced

Mash cream cheese (or goat cheese), chopped dill, capers and ⅛ teaspoon pepper in a small bowl until well combined. Spread about 2 teaspoons of the mixture on each piece of bread. Top each with a few radish slices, a sprig of dill and a generous grinding of pepper.

SERVES 6: 2 SANDWICHES EACH

Calories 74, **Fat** 3g (sat 2g), **Cholesterol** 10mg, **Carbs** 8g, **Total sugars** 1g (added 0g), **Protein** 3g, **Fiber** 1g, **Sodium** 189mg, **Potassium** 89mg

To prepare radishes, trim the tops and root ends, rinse under cool water and pat dry. Peeling, while not at all necessary, may help to reduce some of the bitterness found in certain varieties of radishes.

ROASTED RADISHES & LEEKS WITH THYME

ACTIVE: 20 MIN **TOTAL:** 30 MIN

Radishes become sweet and tender when roasted in a hot oven. If the roasting doesn't mellow the bite of the radish enough, stir in a sprinkle of sugar along with the butter and thyme.

- 2 bunches radishes (about 1 pound), halved if small, quartered if large
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1 large leek, white and light green part only, halved and thinly sliced
- 1 tablespoon butter
- 1 teaspoon finely chopped fresh thyme or ¼ teaspoon dried

1. Preheat oven to 450°F.

2. Combine radishes, oil, salt and pepper in a large roasting pan.

3. Roast for 10 minutes. Stir in leek. Continue roasting until the radishes are lightly browned and tender, 10 to 15 minutes more. Stir in butter and thyme; serve warm.

SERVES 4: ABOUT ⅔ CUP EACH

Calories 89, **Fat** 7g (sat 2g), **Cholesterol** 8mg, **Carbs** 7g, **Total sugars** 3g (added 0g), **Protein** 1g, **Fiber** 2g, **Sodium** 340mg, **Potassium** 308mg

FOR MORE RAVISHING RADISH RECIPES visit

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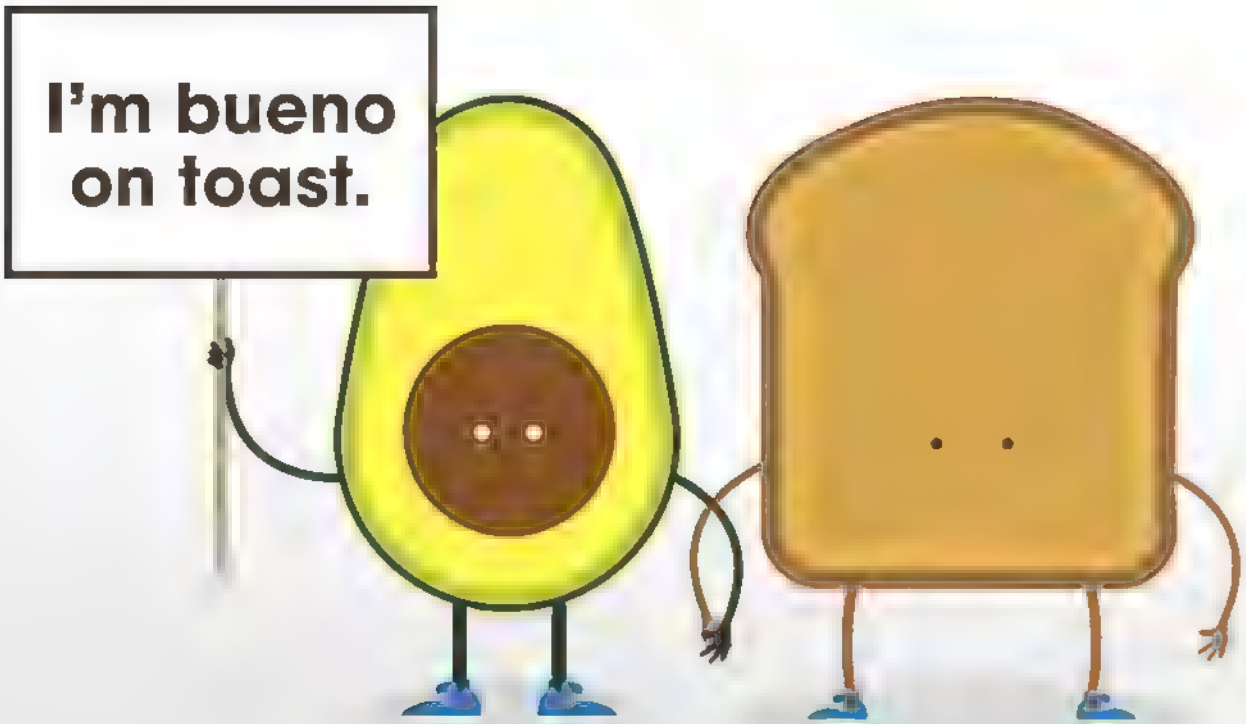

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RADISH, WATERCRESS & ARUGULA SALAD WITH FETA VINAIGRETTE

ACTIVE: 25 MIN **TOTAL:** 25 MIN

Sweet, rich-flavored Marcona almonds and salty feta cheese balance the flavor of the peppery greens and radishes in this spring salad. Always skinned, most Marcona almonds have already been sauteed in oil and lightly salted when you get them. Look for them in specialty stores and online at tienda.com.

- ¼ cup finely crumbled feta cheese
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons white-wine vinegar
- 1 tablespoon finely chopped shallot
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 3 cups baby arugula
- 3 cups watercress, any tough stems removed
- 2 cups halved and sliced radishes (from 2 bunches)
- 3 tablespoons chopped fresh tarragon
- ¼ cup coarsely chopped almonds, preferably Marcona almonds

Whisk feta, oil, vinegar, shallot, salt and pepper in a large bowl until well combined. Add arugula, watercress, radishes and tarragon; toss to coat. Top with almonds just before serving.

SERVES 4: ABOUT 1¼ CUPS EACH

Calories 191, **Fat** 17g (sat 3g), **Cholesterol** 8mg, **Carbs** 6g, **Total sugars** 2g (added 0g), **Protein** 5g, **Fiber** 2g, **Sodium** 344mg, **Potassium** 372mg.

BUYING & STORING RADISHES

Look for radishes that are brightly colored, firm and smooth, with tops that are fresh-looking and green. At home, remove the tops (don't toss them, they're delicious raw or cooked!) and place the radishes and greens in separate plastic bags. Store in the crisper drawer of your refrigerator for up to 1 week.

CREAMY RADISH SOUP

ACTIVE: 30 MIN **TOTAL:** 30 MIN

TO MAKE AHEAD: Cover and refrigerate for up to 3 days

We don't usually think of radishes as anything but crisp, but when they're sautéed for this luxurious soup and pureed with potato, the results are absolutely velvety. Cooking them also tones down any bitterness, while leaving plenty of sweet earthy flavors to enjoy. Using smaller radishes will give the soup a pretty pink hue, like the one pictured here, while larger radishes result in an almost white soup.

- 2 tablespoons extra-virgin olive oil
- 2 cups sliced radishes (from 2 bunches), divided
- ½ cup chopped onion
- 1 medium Yukon Gold potato (about 8 ounces), peeled and cut into 1-inch cubes
- 2 cups low-fat milk
- ½ teaspoon salt
- ¼-½ teaspoon white or black pepper
- ¼ cup reduced-fat sour cream
- 1 tablespoon chopped fresh radish greens or parsley

1. Heat oil in a large saucepan over medium-high heat. Add 1¾ cups radishes and onion and cook, stirring frequently, until the onions are beginning to brown and the radishes are translucent, about 5 minutes. Add potato, milk, salt and pepper to taste. Bring to a boil, stirring occasionally. Reduce heat to a simmer, cover and cook, stirring occasionally, until the potato is tender, about 5 minutes more.

2. Working in batches, puree the mixture in a blender (or in the pan with an immersion blender) until smooth. (Use caution when pureeing hot liquids.)

3. Slice the remaining ¼ cup radishes into matchsticks. Serve each portion of soup topped with 1 tablespoon sour cream, some radish matchsticks and a sprinkling of radish greens (or parsley).

SERVES 4, 1 SCANT CUP EACH

Calories 203, **Fat** 10g (sat 3g), **Cholesterol** 12mg, **Carbs** 22g, **Total sugars** 9g (added 0g), **Protein** 6g, **Fiber** 3g, **Sodium** 395mg, **Potassium** 610mg.

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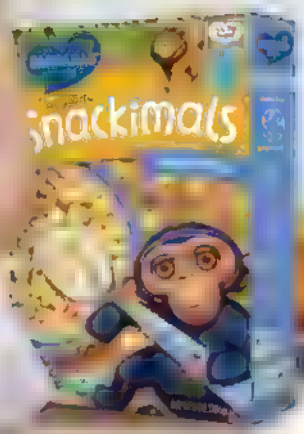

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KICK-START CLEANSE

This first critical phase of the plan kick-starts and accelerates the weight loss process. By replacing all three meals with Almased, you cleanse your body, ease digestion, and reset your metabolism—all without sacrificing vital nutrients.

+ Replace all three meals with an Almased shake. (See recipe at right.)
+ Between meals, have as much vegetable broth as you like. You can also substitute 100% vegetable juice (low-sodium) for the broth.

FAT-BURNING STAGE

This week, you'll start to torch pounds as you return to solid food. By starting and ending your day with Almased, you'll keep your nutrients up and calories down. Enjoy a solid midday meal of vegetables, lean protein, and healthy fat to sustain your energy.

BREAKFAST

One Almased shake.

LUNCH

Cooked or raw veggies with 3–4 oz. lean protein (fish, chicken, or tofu). Try chilled salmon over greens or a piece of chicken with steamed broccoli. (Find more recipes at bikini-plan.com.)

DINNER

One Almased shake.

ALMASED SHAKE

- 8 Tbsp. of Almased
- 10–12 oz. of water, low-fat milk, or unsweetened almond or soy milk
- 1 tsp. of oil (flaxseed, walnut, or olive)
- 1 tsp. of cinnamon or unsweetened cocoa powder (optional)

Blend and serve.

DIY VEGGIE BROTH

Cut up 1 lb. of fresh vegetables and sauté lightly in a stockpot. (Try broccoli, leeks, onions, cabbage, and spinach). Add 4 pints of water and simmer until the vegetables are soft, or transfer to a Crock Pot to cook. Strain, discard solid vegetables, season broth with herbs and spices, and enjoy! Broth can be stored in the fridge for a few days.

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WEEK 3...BEYOND

SUSTAINED WEIGHT LOSS

Depending on your weight loss goals, you may want to continue on the Week 2 plan until you reach your goal weight—or incorporate Almased into your regular diet. It's up to you! Try it for:

+ **BREAKFAST ON THE GO**
  You can't beat Almased for an energizing—and quick—morning meal.
+ **A LIGHT MIDDAY MEAL**
  If you've got a big dinner ahead, keep things light by having a healthy breakfast and then enjoying an Almased shake at lunch.
+ **AN AFTERNOON LIFT**
  Skip the cookies and coffee and whip up an Almased shake when you're feeling low on energy.
+ **A PRE- OR POST-WORKOUT BOOST**
  Fuel your body with half a serving of Almased before you exercise and have the second half after to help you recover.
+ **A LATE-NIGHT SNACK**
  Resist the urge to overindulge in sweets by having a cocoa Almased shake an hour or two before bedtime. (Just add 1 tsp. of unsweetened cocoa powder.)
+ **A VEGETARIAN PROTEIN SUPPLEMENT**
  Getting enough high-quality protein can be a challenge for vegetarians. Almased is a healthy meal supplement if you are going meat-free.

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Catarsha Atkins

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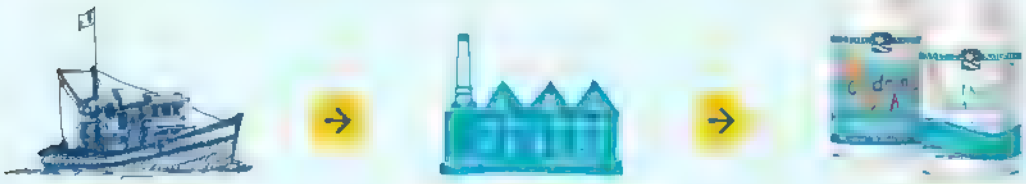

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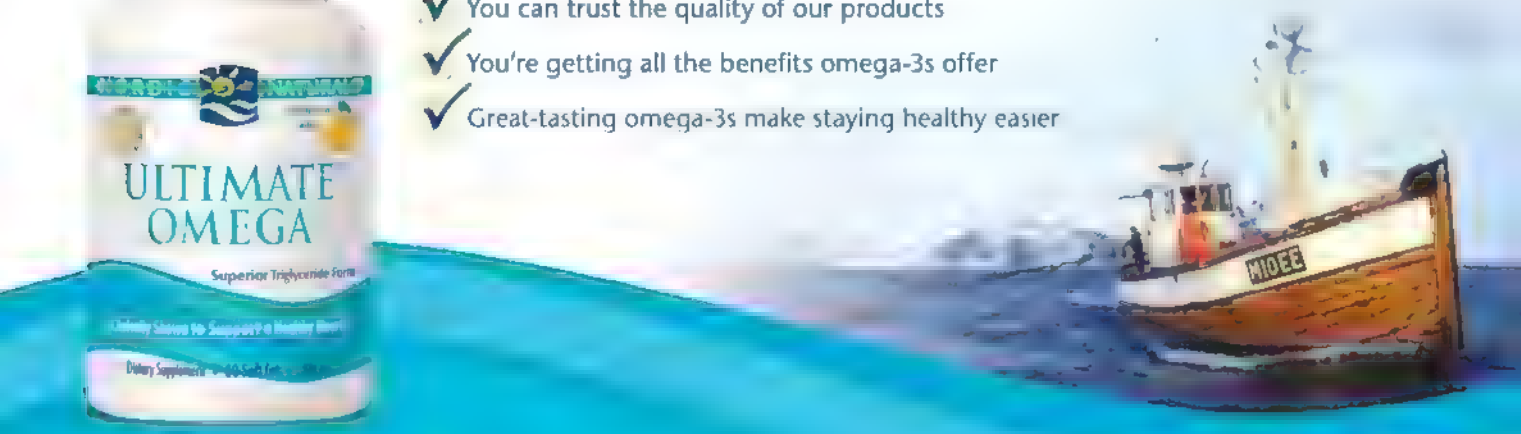

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MARKET PICK

TOFU

Pressing Matters One trick for making tofu delicious: press it to "wring out" the moisture before cooking. This lets the tofu absorb more flavor and gives it a firmer, more satisfying texture. To press tofu, cut the block in half horizontally (*see illustration, page 46*) and place the halves on a folded clean kitchen towel on a cutting board. Put another folded clean kitchen towel over the tofu and place a weight (such as a cast-iron skillet) on top. Let it drain for at least 15 minutes and up to 1 hour.

Label Talk Tofu is made from curdled soymilk that is drained, pressed and cut into blocks. Check the ingredient list and go for brands that use calcium sulfate as a coagulant. You'll get the benefit of an additional 30 or so milligrams of bone-building calcium. Ninety-three percent of soy grown in the U.S. is genetically modified, but very little GMO soy is made into tofu. To be certain you're getting GMO-free tofu, buy organic or look for a GMO-free certification label.

Nutrition & Health Tofu is low in fat and for vegetarians it's a good source of protein, with one 3-ounce serving of extra-firm tofu coming in at around 80 calories, 0 grams of saturated fat and 8 grams of protein. Despite concerns about soy's isoflavones (compounds similar to estrogen), they may actually have a protective effect: studies show isoflavones may help play a role in reducing the risk of breast and prostate cancers as well as lowering LDL cholesterol.

Make the Cut
A
B
To end up with the correct size and number of pieces for our recipes, orient your block of tofu so that A is the crosswise cut and B is horizontal.

TOFU STROGANOFF

ACTIVE: 40 MIN **TOTAL:** 40 MIN

Seared strips of tofu stand in for meat in this vegetarian version of beef stroganoff. We make the sauce rich and savory with mushroom broth and a touch of sherry and keep the fat in check with reduced fat sour cream instead of regular

- 1 14-ounce package extra-firm water-packed tofu, drained
- 1 teaspoon paprika
- ½ teaspoon salt, divided
- ½ teaspoon ground white pepper, divided
- 8 ounces whole-wheat egg noodles (6 cups dry)
- 3 tablespoons extra-virgin olive oil, divided
- 5 tablespoons dry sherry, divided
- 1 large onion, halved and sliced
- 10 ounces baby bella or button mushrooms, quartered
- 1 tablespoon chopped fresh thyme or ½ teaspoon dried
- 3 tablespoons all-purpose flour
- 2 cups mushroom or vegetable broth
- ½ cup reduced-fat sour cream

1. Cut tofu block in half crosswise. Cut each piece in thirds horizontally, then cut each stack crosswise again into 6 pieces. (You will have 36 strips, 2 inches by ½ inch. *See illustration, above.*) Pat the tofu dry with paper towels and sprinkle on all sides with paprika and ¼ teaspoon each salt and white pepper.

2. Bring a large saucepan of water to a boil. Add noodles and cook according to package directions. Drain and keep covered.

3. Meanwhile, heat 2 tablespoons oil in a large nonstick skillet over medium-high heat. Cook the tofu in a single layer, gently stirring every few minutes, until golden brown on all sides, 7 to 9 minutes total. Add 2 tablespoons sherry and cook, stirring, until evaporated, 30 seconds to 1 minute. Transfer the tofu to a plate with a slotted spoon.

4. Add the remaining 1 tablespoon oil to the pan. Add onion, mushrooms, thyme and the remaining ¼ teaspoon each salt and white pepper; cook, stirring frequently, until the mushrooms release their liquid and start to brown, 6 to 8 minutes. Sprinkle with flour and cook, stirring, for 1 minute. Stir in broth and the remaining 3 tablespoons sherry; bring to a simmer. Cook, stirring, until thickened, 3 to 5 minutes more. Stir the tofu into the sauce. Remove from heat and stir in sour cream. Serve the tofu stroganoff over the noodles.

SERVES 4: ABOUT 1¾ CUPS EACH

Calories 487, **Fat** 19g (sat 5g), **Cholesterol** 12mg, **Carbs** 53g, **Total sugars** 6g (added 0g), **Protein** 20g, **Fiber** 7g, **Sodium** 618mg, **Potassium** 572mg

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CRISPY GLAZED TOFU WITH BOK CHOY

ACTIVE: 35 MIN **TOTAL:** 35 MIN

Pressing the tofu helps extract liquid so it cooks up with a bit of a bite. Look for plum sauce—a sweet-and-sour condiment—near other Chinese sauces in most supermarkets. Serve with steamed brown rice.

- 1 14-ounce package extra-firm water-packed tofu, drained
- ¼ cup plum sauce
- 3 tablespoons ketchup
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon Shao Hsing rice wine *(see Tip, page 101)*
- 2 teaspoons canola oil plus 1 tablespoon, divided
- 3 scallions, trimmed and cut into 2-inch lengths
- 1 teaspoon minced garlic
- 1 teaspoon minced fresh ginger
- 4 baby bok choy, quartered lengthwise
- ¼ cup water
- 1 teaspoon toasted sesame seeds *(see Tip, page 101)*

1. Fold a kitchen towel in half and place on a cutting board. Cut tofu in half horizontally and set on the towel. Put another folded towel and a weight (such as a heavy skillet) on the tofu; let drain for 15 minutes.

2. Meanwhile, whisk plum sauce, ketchup, soy sauce and rice wine in a small bowl and place near the stove.

3. Cut the pressed tofu into ¾-inch cubes and place near the stove.

4. Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add scallions, garlic and ginger; cook, stirring, for 30 seconds. Add bok choy and cook, turning, until bright green, 1 to 2 minutes. Add water, cover and steam until tender, about 2 minutes. Transfer everything to a plate. Wipe the pan dry.

5. Return the pan to medium-high heat, add the remaining 1 tablespoon oil and heat until shimmering. Add the tofu in a single layer. Cook, without stirring, until starting to brown, 2 to 3 minutes. Stir and continue cooking, stirring frequently, until brown on all sides, 6 to 8 minutes more. Add the sauce; cook, stirring, until the tofu is well coated, 1 to 2 minutes. Serve with the bok choy, sprinkled with sesame seeds.

SERVES 4: ½ CUP TOFU & 1¼ CUPS BOK CHOY EACH

Calories 209 **Fat** 11g (sat 1g) **Cholesterol** 0mg **Carbs** 18g **Total sugars** 5g (added 2g) **Protein** 12g **Fiber** 3g **Sodium** 557mg **Potassium** 922mg

HONEY-MUSTARD TOFU TENDERS

ACTIVE: 25 MIN **TOTAL:** 40 MIN

Panko-breaded tofu "tenders" are finger-licking crunchy in this family friendly recipe. We love the sweet and tangy honey-mustard dipping sauce, but feel free to use your favorite dip. No poultry seasoning on hand? Make your own by combining equal amounts of dried sage, thyme, marjoram, black pepper, crushed rosemary and crushed celery seed.

- 1 14-ounce package extra-firm water-packed tofu, drained
- 2 large eggs, beaten
- 2 teaspoons hot sauce (optional)
- 1 teaspoon garlic powder
- 1 teaspoon poultry seasoning
- ¾ cup panko breadcrumbs, preferably whole-wheat
- ¼ teaspoon salt plus ⅛ teaspoon, divided
- ¼ teaspoon freshly ground pepper
- Canola oil cooking spray
- ⅓ cup nonfat plain Greek yogurt
- 3 tablespoons Dijon mustard
- 3 tablespoons honey
- 2 teaspoons lemon juice

1. Preheat oven to 425°F. Coat a large baking sheet with cooking spray.

2. Cut tofu block in half crosswise. Cut each piece in half horizontally then cut each stack crosswise again into 5 "tenders." (You will have 20 strips, 2 inches by 1 inch. *See illustration, page 46.*) Pat the tofu dry with paper towels.

3. Combine eggs, hot sauce (if using), garlic powder and poultry seasoning in a shallow dish. Combine panko, ¼ teaspoon salt and pepper in another shallow dish. Dip the tofu strips into the egg, then coat with the panko mixture. (Discard any leftover egg and panko.) Arrange the tofu in a single layer on the prepared baking sheet. Generously coat the tofu with cooking spray.

4. Bake the tofu for 10 minutes. Flip the tenders over and continue baking until crisp and golden, about 10 minutes more. Immediately sprinkle with the remaining ⅛ teaspoon salt.

5. Meanwhile, whisk yogurt, mustard, honey and lemon juice in a small bowl. Serve the tofu with the dipping sauce.

SERVES 4: 5 TOFU "TENDERS" & 3 TBSP SAUCE EACH

Calories 225 **Fat** 8g (sat 1g) **Cholesterol** 47mg **Carbs** 25g **Total sugars** 14g (added 13g) **Protein** 15g **Fiber** 3g **Sodium** 369mg **Potassium** 62mg

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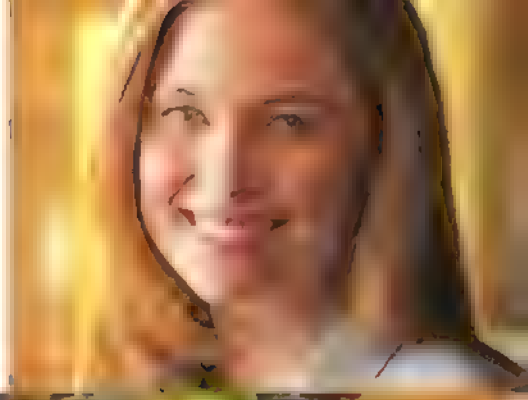

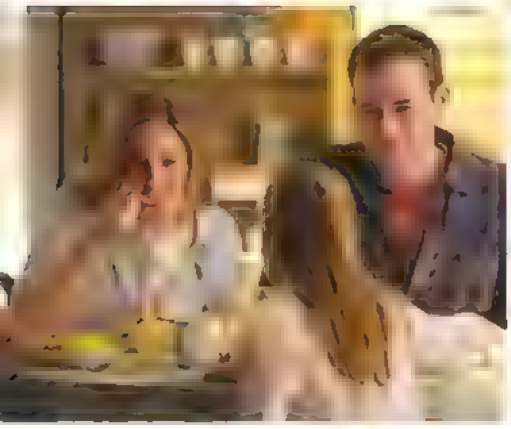

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KALE SALAD WITH SPICED TOFU & CHICKPEAS

ACTIVE: 40 MIN **TOTAL:** 40 MIN

TO MAKE AHEAD: Cover and refrigerate roasted tofu & chickpeas for up to 2 days

To top this zesty raw kale salad, we [illegible] diced tofu and chickpeas with a flavorful [illegible]n-inspired spice mixture before roast[illegible]. [illegible] bit crisp and the inside pleasa[illegible]

- 3½ teaspoons paprika
- 3½ teaspoons ground cumin
- 2 teaspoons garlic powder
- 1 teaspoon freshly ground pepper
- ¾ teaspoon salt
- 5 tablespoons lemon juice, divided
- 4 tablespoons extra-virgin olive oil, divided
- 1 14-ounce package extra-firm water-packed tofu, drained
- 1 15-ounce can chickpeas, rinsed
- 14 cups torn kale (from 1 large bunch) or baby kale
- 1 medium yellow or orange bell pepper, cut into 2-inch strips
- ½ English cucumber, halved and sliced

1. Position rack in lower third of oven, preheat to 450°F. Coat a large baking sheet with cooking spray.

2. Combine paprika, cumin, garlic powder, pepper and salt in a large bowl. Measure out 2½ teaspoons and set aside. Add 2 tablespoons lemon juice and 1 tablespoon oil to the remaining spice mixture. Cut tofu into ¾-inch cubes and pat dry. Add the tofu and chickpeas to the spice mixture in the large bowl and stir to combine; let stand for 10 minutes.

3. Spread the tofu and chickpeas on the prepared baking sheet in a single layer. Roast on the lower rack, stirring once halfway through, until golden brown, about 20 minutes total.

4. Meanwhile, return the reserved 2½ teaspoons spice mixture to the large bowl and whisk in the remaining 3 tablespoons each lemon juice and oil. Add kale and, with clean hands, massage the greens until they are reduced in volume by almost half, 1 to 2 minutes. Add bell pepper and cucumber and toss to combine.

5. Serve the salad topped with the roasted tofu and chickpeas.

SERVES 4: 2¼ CUPS SALAD & ¾ CUP TOFU MIXTURE EACH

Calories 443, **Fat** 22g (sat 3g), **Cholesterol** 0mg, **Carbs** 48g, **Total sugars** 3g (added 0g), **Protein** 24g, **Fiber** 11g, **Sodium** 699mg, **Potassium** 1,657mg

FIND MORE QUICK AND TASTY TOFU RECIPES at eatingwell.com/webextra

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Agave Berry Breakfast Syrup

Ingredients

3 cups fresh strawberries (hulled, cleaned and quartered)
2/3 cup Domino® Amber Blue Agave Nectar Syrup

Instructions

Place cut strawberries in large microwave-safe bowl. Cook for 2 minutes, stirring after 1.

While the berries are cooking, pour the agave nectar into a small saucepan on low heat. Add strawberries to saucepan and crush, using a potato masher or ladle. Increase heat to medium until mixture begins to boil and foam, approximately 5 to 7 minutes. Reduce heat and simmer for 10 minutes. Strain mixture using a mesh strainer, working with the back of a spoon to remove as much liquid as possible.

Serve over pancakes, waffles or French toast and enjoy! Yields 1 cup.

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The Truth About Sodium

BY KAREN ANSEL, M.S., R.D.

We crave it. We love it. It's not surprising why salt makes food taste delectable. It helps keep food fresh and safe from spoilage. We also *need* salt. We literally can't survive without sodium. Salt (a.k.a. sodium chloride) is our chief supply of this mineral, which helps our muscles contract, sends nerve impulses throughout our bodies and regulates fluid balance so we don't become dehydrated.

But for more than four decades, health authorities have urged us to consume less salt. That's because salt is roughly 40 percent sodium and too much of it can elevate blood pressure. In your body, sodium acts like a magnet for water, pulling fluid into your bloodstream. That excess liquid increases the pressure in your blood vessels and over time can damage their linings, potentially causing blood clots to form. Once those blood clots develop, they can eventually cause blockages that can lead to a heart attack or stroke.

Most of us eat about 3,400 milligrams of sodium a day. Downsizing our sodium intake to 1,500 milligrams daily would have major health benefits, slashing 16 million of the nation's 68 million cases of hypertension and saving $26 billion health care dollars, according to the Centers for Disease Control. In 2004, the Institute of Medicine (IOM) agreed, advising anyone over age 50, of African-American descent or with high blood pressure, chronic kidney disease or diabetes to limit their sodium to 1,500 milligrams. That's nearly half of all Americans. The rest of us were advised to keep our numbers below 2,300 milligrams, the amount in roughly a teaspoon of salt.

How Salt Works Salt doesn't actually bring out flavors in food. What's really happening is the sodium in salt suppresses bitterness. And because bitterness suppresses sweetness and sourness, sodium in turn enhances your perception of sweet and sour.

32 FACTS YOU NEED TO KNOW ABOUT SALT

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Then in May of 2013, in an apparent about-face, the IOM released a report concluding that too little sodium may be equally problematic for some people, particularly those with congestive heart failure. Even more startling, it announced there was no solid evidence that people with diabetes, kidney disease or cardiovascular disease would benefit from the previous 1,500-milligram cap and instead stated that 2,300 milligrams would be more appropriate. However, if you read the report's fine print you'll find that the IOM admits that the data used to make the updated 2013 recommendations contains gaps in its methodology. What's more, shortly after its announcement, one of the main studies that the IOM report relied on was retracted by the journal *Heart*, leaving us more confused than ever.

Yet perhaps we're missing the point. "By debating whether 1,500 or 2,300 is the magic number, we're dancing on the head of a pin," says Jane Henney, M.D., chair of a 2010 IOM Committee on Strategies to Reduce Sodium Intake in the United States. "We're all eating so much more sodium than any of those numbers that if we can reduce our intake to between 1,500 and 2,300 milligrams a day we'd be a lot better off."

> "By debating whether 1,500 or 2,300 is the magic number, we're dancing on the head of a pin." —Jane Henney, M.D

Even if most Americans were interested in eating less sodium, whittling our intake down seems like a nearly impossible task. That's because sodium saturates our food supply, occurring naturally in many foods but also lurking in foods that don't even taste salty. Read on to find out the 32 things you need to know about salt: where sodium might be hiding, how much is right for you, how to tame your salt tooth and the best salt to use.

KAREN ANSEL, M.S., R.D., C.D.N., *is a nutrition consultant, speaker, journalist and author. A contributing editor for* Woman's Day *magazine, she also writes for other national magazines.*

The Right Amount for You

Your blood pressure shouldn't be your only consideration when it comes to figuring out how much sodium you should be consuming. Here's what to keep in mind.

1. **YOUR AGE.** Salt sensitivity, the likelihood that sodium will raise your blood pressure, increases with age. While slightly over a third of 45-year-olds have hypertension, that number jumps to more than half by age 55 and over 70 percent by age 75. Which is why after age 50 it's more important than ever to keep an eye on your sodium intake.

2. **YOUR BLOOD SUGAR.** "The blood vessels of people with diabetes are already stiffer, more brittle and more calcified, so they are more likely to experience the adverse effects of high blood pressure," says Elliott Antman, M.D., a professor of medicine at Harvard Medical School and president-elect of the American Heart Association. That makes prevention crucial. If you're diabetic but don't have high blood pressure, the American Diabetes Association recommends no more than 2,300 mg of sodium a day. If you have hypertension, limit yourself to 1,500 mg daily.

3. **YOUR ETHNICITY.** African-Americans are more likely to have high blood pressure than whites or Hispanics—and they develop it at an earlier age. They may carry a gene that causes extreme salt sensitivity. That's why experts advise that African-Americans limit sodium to 1,500 mg a day. Forty-three percent of African-American men and 46 percent of African-American women have high blood pressure compared to 34 and 33 percent of all American men and women.

4. **YOUR WORKOUTS.** Because sodium holds on to fluid it helps you stay hydrated when you're sweating up a storm. While that doesn't usually mean you need extra sodium at mealtime, you might need a little more when you work out. If you break a sweat for an hour or longer, sip a sports drink during exercise to help fend off dehydration.

5. **YOUR KIDNEYS.** Keeping your salt intake in check can help prevent kidney disease. The reason: too much sodium can lead to high blood pressure, which is one of the most common causes of kidney disease. "If you already have kidney disease the stakes are even higher, especially since most people with kidney disease are salt sensitive," says Joseph A. Vassalotti, M.D., chief medical officer for the National Kidney Foundation. "The better your blood pressure control, the

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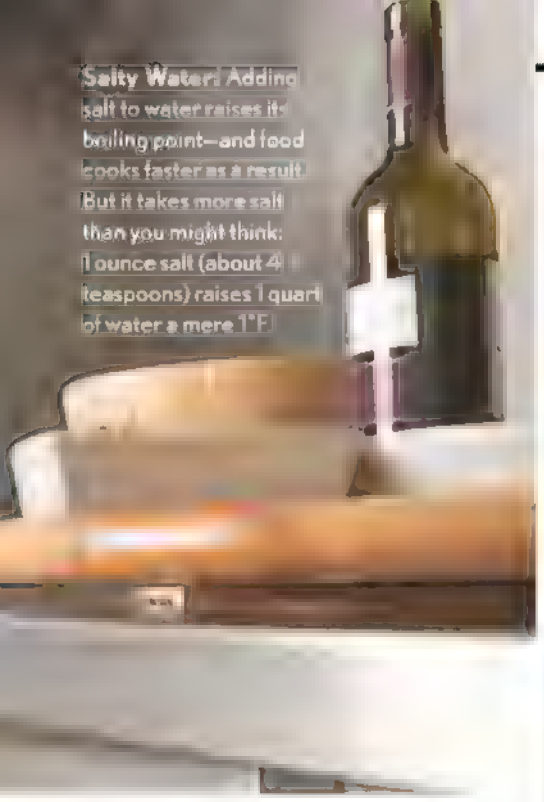

Salty Water: Adding salt to water raises its boiling point—and food cooks faster as a result. But it takes more salt than you might think: 1 ounce salt (about 4 teaspoons) raises 1 quart of water a mere 1°F.

less likely you are to lose kidney function over time." According to a 2013 *Journal of the American Society of Nephrology* study, people with moderate to severe kidney disease who cut their sodium to between 1,380 and 1,840 mg daily for six weeks lowered their systolic and diastolic blood pressure by 10 and 4 points respectively. They also improved other markers of kidney disease.

6 **YOUR BONES.** Eating a high-sodium diet may also slowly weaken your bones. In a study in the *Journal of Human Hypertension*, for every additional 2,300 mg of sodium participants consumed daily, they excreted an extra 42 mg of calcium. That may not sound like much, but it's the equivalent of losing an entire day's worth of calcium each month, which, over time, could impact bone calcium levels. Here's the good news: your body holds on to that calcium when you limit your daily sodium to less than 2,000 mg.

7 **IF YOU'VE HAD KIDNEY STONES.** There are no specific sodium guidelines for kidney stones currently, so it's unlikely your doctor is going to put you on a low-sodium diet. However, if you have had stones, watching your sodium may still make sense: consuming too much sodium doesn't cause kidney stones directly, but because it ups the amount of calcium excreted, that can favor calcium stone formation, says Vassalotti.

Nos. **8-13**

Your Day in Sodium

Even the healthiest diets pack stealth sodium: this day delivers about 4,000 milligrams. With a few easy swaps, you can slash that number to 1,500 milligrams or less.

BREAKFAST
You start your day with a serving of bran flakes with raisins and skim milk.
Your sodium: 262 mg
Lighten it: Even healthy-sounding cereals can deliver a fair amount of sodium, and the milk adds 51 mg. If cold cereal is on the menu, go with shredded wheat. Not only does it have practically no sodium, it provides a bonus 180 mg of potassium per serving. Or go hot and make oatmeal. Rolled oats are also virtually sodium-free.

MORNING SNACK
You have a half cup of cottage cheese topped with fresh fruit to hold you over until lunchtime.
Your sodium: 410 mg
Lighten it: These curds may not taste salty, but a half cup delivers nearly 20 percent of the 2,300-mg limit and more than a quarter of the 1,500-mg cap. Look for "no salt added" cottage cheese and you'll save 395 mg.

LUNCH
You go vegetarian with a cup of black bean soup and half a grilled veggie sandwich, never realizing that you're racking up at least 70 percent of your daily quota—and possibly more.
Your sodium: 1,600 mg
Lighten it: Canned and restaurant-made soups are typically loaded with sodium. Make it in your own kitchen or choose a "less salt" or "low-sodium" store-bought brand and drop a staggering 1,000 mg. Also, choose your sandwich bread carefully, as sodium amounts vary from brand to brand.

AFTERNOON SNACK
You bypass the vending machine (pat yourself on the back for that one!) and pull out the seasoned nuts, such as tamari-flavored almonds, you brought from home.
Your sodium: 130 mg
Lighten it: Choose unflavored and unsalted nuts and skip the sodium completely.

DINNER
Time to whip up a Chinese-style stir-fry with boneless, skinless chicken breast and plenty of vegetables.
Your sodium: 1,500 mg
Lighten it: You probably already know that Asian food is sodium-heavy. That's because the salt is in the sauce. Asian condiments like soy sauce and hoisin are the culprits. First, switch to reduced-sodium soy sauce; then cut the amount of soy sauce you need by using low-sodium chicken broth for flavor and added saucines. Also bump up the flavor with plenty of fresh ginger, garlic and scallions. Total savings: 1,000 mg or more.

DESSERT
You sit down on the couch to enjoy a healthy dessert—a cup of nonfat frozen yogurt.
Your sodium: 110 mg
Lighten it: Enjoy a cup of fruit sorbet instead, which has no sodium at all and even fewer calories.

Swaps for Salt

An alternative to salt, salt substitutes enhance flavor with significantly less or no sodium. But not all are created equal: most use potassium chloride, which can taste metallic. Potassium chloride-based substitutes also might not be a good choice if you have kidney disease and have to monitor your potassium intake, so be sure to read the label. Another option: try a salt-free seasoning blend from brands like Mrs. Dash, Spice Hunter, McCormick or Frontier. Or make your own. Boutique spice company Teeny Tiny Spice suggests a citrus pepper blend. Grind together 5 tsp. black peppercorns, 2 tsp. each dried lemon peel and paprika, and 1 tsp. each juniper berries, garlic powder and onion powder.

15 Heavy Metal: Salt in Canned Goods

We usually go for fresh over canned foods at *EatingWell*. One reason: cans are often chock-full of sodium. But there are a few for which we make exceptions. Here's how we keep the sodium down in three of our favorites.

Canned beans can pack more than 600 milligrams of sodium per cup. If you can't find low-sodium or no-salt-added versions, rinse them to wash away 35 percent of their sodium. You can also try this trick on canned artichoke hearts.

The amount of sodium varies widely across brands of **canned tomatoes**. Some have little or no sodium, but aren't labeled as such. Look for brands with around 190 mg or less per ½-cup serving. For the least sodium, seek out varieties labeled "no salt added."

Many brands of **canned tuna** sneak in vegetable broth and salt, translating to 350 mg per 5-ounce can. Check the ingredient list and opt for one without any broth or salt added to save about 262 mg of sodium.

Nos. 16–19

Seasoning with Salt

There are more types of salt to choose from than ever. Here's how to sort out the options:

TABLE SALT
Made of small, compact crystals, table salt is made with (harmless) anti-caking additives that make it free-flowing. It contains 2,360 milligrams of sodium per teaspoon. Iodized salt is table salt with iodine added. The reason it's added is many Americans don't naturally get enough iodine in their diets—it's important in helping to prevent hypothyroidism.

KOSHER SALT
This coarse-grained salt is free of additives. Many people prefer cooking with its larger crystals. Those crystals also deliver at least 20 percent less sodium per teaspoon than iodized or table salt. When we call for kosher salt in *EatingWell* recipes, we test and analyze with Diamond brand, which has nice, big flakes and half the sodium of regular table salt.

SEA SALT
As its name implies, sea salt is made from evaporating water from the ocean or saltwater lakes. As each body of water is unique, differing types of salts have varying compositions of minerals. So the flavor, texture, color, crystal size and sodium vary. Despite some marketing claims, sea salt doesn't always mean less sodium. Sodium quantity depends on crystal size: larger crystals means less sodium per teaspoon.

FINISHING SALTS
Black salt, Himalayan pink salt, Fleur de Sel and other so-called finishing salts are designed to be used at the end of cooking. They're especially helpful for bringing out the naturally sweet flavor of veggies. These gourmet salts are perfect for providing pure salty taste plus a pop of crunch, but keep in mind that they're powerful and so a little goes a really long way.

A New Cooking Method Chefs have been using salt blocks for years and now there's a book—*Salt Block Cooking* (Andrews McMeel Publishing, 2013) by James Beard Award-winning author and "selmelier" Mark Bitterman—that shows home cooks how to use salt blocks for anything from serving to roasting to grilling (as with these sea scallops). The large piece of salt "actually delivers salt to food in a very modest, deliberate and measured fashion" because only one surface contacts the food, says Bitterman.

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Where Salt Comes From The oldest method of salt production—solar evaporation—is used in warm, windy climates where rainfall is mi——al. Saltwater feeds into shallow pools and after the sun d——— of the ——— ——— ——— the precipitated salt. Elsewhere, salt is mined—either mechanically from a salt solution (the main method for table salt) or underground much like any other mineral.

GET TIPS FOR CUTTING SALT, NOT FLAVOR, at eatingwell.com/webextra

The Biggest Sources

These 10 foods dish up 40 percent of Americans' sodium, accord ng to the Centers for Disease Control and Prevent on. Don't ban sh them a together, ,ust shop smart and compare brands for the lowest sod um opt on.

21 BREAD. Bread itself isn't exceptionally high in sodium. A slice contains anywhere from 50 to 230 milligrams. But collectively we eat so much of it that the milligrams add up.

DELI MEATS. Not only is salt added for flavor, but so are sodium-laden preservatives, such as sodium nitrate, to lock in moisture and improve color.

23 PIZZA. The trifecta of dough, cheese and tomato sauce make this American favorite a top source of sodium. And that's before salty toppings like pepperoni or sausage.

CHICKEN DISHES. Whether homemade, store-bought or packaged, it's what's added to the chicken dishes that makes them sodium-heavy. Plus, some raw chicken is "enhanced" with sodium solution for extra flavor and moisture. To avoid that, check the ingredient list.

25 SOUP. A single serving of canned soup can deliver upward of half your daily sodium limit. Made with salty broths, your favorite restaurant's soup might not be a whole lot better than canned versions.

SANDWICHES AND BURGERS. When you combine bread with cold cuts and cheese or top a big bun with seasoned ground beef, ketchup, mustard and a pickle, sodium milligrams add up quickly.

27 CHEESE. Salt isn't just added to cheese for flavor. It's also a preservative that helps extend shelf life. How salty cheese is depends on the type. Most Swiss cheeses, for instance, are naturally low in salt and are a good choice.

PASTA. Pasta alone is practically sodium free. It's the sauce that's the culprit. (See page 18 for our lower-sodium sauce picks.) Skip salting your cooking water too.

29 MEAT DISHES LIKE MEATLOAF OR CHILI. Beef itself contains a little sodium, but the way we most often prepare it adds considerably more (think: seasoned breadcrumbs in meatloaf and canned tomatoes and canned beans in chili).

SNACK FOODS LIKE PRETZELS, CHIPS & POPCORN. In addition to their salty exterior, some, like pretzels and crackers, have salt added to their dough.

20

The MSG Myth

MSG—or monosodium glutamate—is a flavor enhancer used in savory foods, especially Asian foods. It contains sodium, but only a third of the amount that you'd get from an equal quantity of salt. MSG also includes glutamic acid (a.k.a. glutamate), an amino acid that's naturally in foods like tomatoes, mushrooms and soybeans and is the source of our fifth taste—umami. In fact, you eat about 13 grams of natural glutamate a day compared to only around half a gram from MSG. Some people say MSG gives them headaches, exacerbates their asthma or causes other symptoms referred to as Chinese Restaurant Syndrome, but decades of research fails to support the link between MSG and these side effects.

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Blood Pressure Smarts

Shaving sodium from your plate isn't the only way to lower blood pressure. These tricks can help bring your numbers down naturally. Remember: a healthy blood pressure level is less than 120 over 80 (systolic/diastolic)

PILE ON THE PRODUCE. Foods like potatoes, beans and bananas are full of potassium, a mineral that blunts the effect of sodium on blood pressure. "Potassium also relaxes our blood vessel walls, decreasing overall pressure," says Rachel Johnson, Ph.D., M.P.H., R.D., Bickford Green & Gold professor of nutrition at the University of Vermont and an *EatingWell* advisor. "Unfortunately, the typical American diet is much lower in potassium than what's recommended (and higher in sodium), so we really need to focus on improving that ratio." Aim for twice as much potassium as sodium.

> "...the typical American diet is much lower in potassium than what's recommended (and higher in sodium), so we really need to focus on improving that ratio."
> —Rachel Johnson, Ph.D., M.P.H., R.D.

DO DAIRY RIGHT. Dairy delivers some sodium, but it's our top source of potassium, and it's rich in calcium, magnesium, whey protein and milk peptides, which synergistically work together to reduce blood pressure. Perhaps that's why people who regularly eat dairy have lower numbers when the doctor straps on that blood pressure cuff. Go low-fat or fat-free—a 2006 *Hypertension* study found that downing three servings of dairy a day reduced volunteers' hypertension risk by 36 percent, but only for people who ate a diet low in saturated fat.

MIND YOUR WEIGHT. When you're carrying extra pounds, you have a larger blood volume to pump through your blood vessels, increasing the pressure on your artery walls. Extra belly fat—even if you're not overweight—also ups your risk of high blood pressure. While you can't completely outsmart your genes, stay as close to your ideal body weight as possible. In a 2013 Australian study, overweight people who lost 10 percent of their weight saw about an 11.3 point drop in systolic blood pressure.

BE ACTIVE. A fit heart doesn't have to pump as hard to push blood (it's a muscle, after all)—and that translates to less pressure on your arteries. You don't have to become a marathoner, though, to reap these cardiovascular rewards: at least 30 minutes of moderate exercise a day, such as brisk walking five days a week, has been shown to lower systolic and diastolic blood pressure by 6 and 3.4 points, respectively.

32 Retrain your taste bud.

Our yen for salt is learned as early as infancy. When researchers at the Monell Chemical Senses Center in Philadelphia fed 6-month-olds salty food [illegible] that by the time [illegible] reached preschool [illegible] were more likely [illegible] foods than kids who weren't fed salty food [illegible] no matter how [illegible] salt habit, [illegible] you suddenly [illegible] low-sodium diet, they'll tell you it doesn't [illegible] Elliott Antman, M.D., a professor of medicine at Harvard Medical School. But if they stick with it [illegible] back to their regular diet, they'll say the foods they used to like are too salty.

It takes two months of slowly weaning yourself off of salt to retrain your taste buds. "Start by eating more fresh fruits and [illegible] train your palate [illegible] natural flavors of real food," says Robyn Webb, author of *You Won't Believe It's Salt-Free*. "Always take a bite first before salting your food." For more ideas, see "Swaps for Salt," page 53.

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All it takes are easy techniques—a few slices, a gentle fold of the leaf or a slow simmer in broth—and this humble yet sustaining vegetable transforms into simply breathtaking dishes

CABBAGE CRAFT

BY KATHY GUNST • PHOTOGRAPHY BY LEIGH BEISCH

It's funny how tastes change. As a kid my relationship with cabbage began and ended at the neighborhood deli. I loved creamy coleslaw piled on corned beef sandwiches and pungent sauerkraut on grilled hot dogs. But the steamed, terribly odoriferous cabbage served along with corned beef at my friend's house held no appeal.

Then in 2011, I was diagnosed with non-Hodgkin lymphoma. It was a terrible time. But as often happens with adversity much good came out of it. The shock of being told that I had cancer led me to make changes in my life, including taking a serious look at my diet.

My doctor recommended that I stop eating many foods that I

THE BEAUTIFUL SAVOY
Each variety of cabbage has distinctive tastes and textures. This striking cabbage with gorgeous lacy leaves has a mild, sweet flavor and a delicate crunch to match its refined looks.

love while I underwent treatments. No dairy, gluten or white sugar, he advised. In other words, no gooey ripe cheeses, no crispy French baguettes and no sweet chocolate desserts. Sure, I thought, I feel like crap, why not take away all my pleasures? But what I discovered was a new appreciation for vegetables and salads and certain foods I thought I hated.

When you research "cancer-fighting foods" cabbage is one ingredient that almost always pops up. Research shows that when you chop, chew or briefly cook this brassica it produces potent anti-cancer compounds called isothiocyanates.

Cabbage is also a great source of vitamins K (which is important for bone health) and C, all for very few calories. Savoy and red cabbage boast healthy amounts of beta carotene—and the vibrant purple hue of red cabbage comes from heart-healthy, anti-inflammatory phytochemicals called anthocyanins.

I started incorporating cabbage into my diet in a variety of new ways. Not just the deli slaw of my childhood, but shredded into all manner of salads. Cabbage is enormously adaptable. I ate it raw, sautéed, pickled, fermented and roasted with flavors and spices from Korea, China, France and other cabbage-loving countries.

The crunch and the juiciness of fresh, raw cabbage suddenly held huge appeal. I also loved how, after hours in a sauté pan with just a touch of olive oil set over very low, slow heat, the cabbage became almost buttery. When I added it to soups and stews, I was amazed at the way it brought flavor and texture, but never quite took over.

I developed a Korean-style "taco," substituting raw red cabbage leaves as the taco shell filled with sautéed cabbage and onions, topped with Korean-flavored grilled skirt steak. Then there's my riff on an old Jewish favorite, stuffed cabbage leaves (this time Savoy leaves wrapped around a fragrant filling of rice, mushrooms and vegetables in a light sweet-and-sour tomato sauce) and a simple recipe for making sauerkraut at home.

The good news is that my cancer is gone. I am one of the lucky ones. My life feels fuller, more conscious, healthier. My awareness of what matters is higher. Among the changes: watching what I eat and enjoying it all more than ever.

Now instead of missing gooey cheeses (oh how I longed for a triple-creme), I find myself reinventing old favorite dishes. Like the coleslaw of my youth. Today's version: raw, thinly sliced red cabbage tossed in a mustard-laced vinaigrette with maple syrup-glazed walnuts and just a bit of luxurious crumbled blue cheese. So satisfying it's almost decadent. After years of thinking I hated it, cabbage has found a permanent (and loving) place in my diet.

Cookbook author **KATHY GUNST** *is "Resident Chef" on NPR's* Here & Now. *Her most recent book is* Notes from a Maine Kitchen *(Down East Books).*

ROASTED CABBAGE WITH CHIVE-MUSTARD VINAIGRETTE

ACTIVE: 10 MIN **TOTAL:** 30 MIN

Roasting cabbage at a high temperature is a revelation in flavor and texture; it brings out the sweet cabbage flavor and turns the leaves silky soft, not at all soggy or watery. Serve the roasted wedges drizzled with the chive-mustard vinaigrette as a side dish for roast poultry, meat or fish or alone with crusty bread.

CABBAGE

- ½ medium green cabbage (1-1½ pounds), outer leaves removed
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper

VINAIGRETTE

- 2 teaspoons Dijon mustard
- 2 teaspoons white balsamic *or* white-wine vinegar
- 1 teaspoon lemon juice
- ¼ teaspoon freshly ground pepper
- ⅛ teaspoon salt
- 3 tablespoons minced fresh chives
- 2 tablespoons extra-virgin olive oil

1. Preheat oven to 450°F. Coat a large baking sheet with cooking spray.

2. To prepare cabbage: Cut cabbage half into four wedges and cut out any thick core, leaving the wedges as intact as possible. Drizzle the cut sides with 1 tablespoon oil and sprinkle with ¼ teaspoon each salt and pepper. Place the wedges flat-side down on the prepared baking sheet.

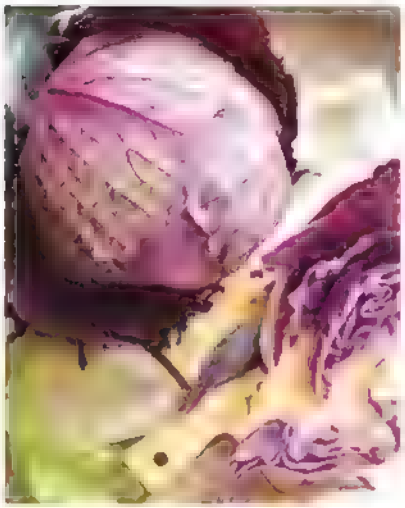
3. Roast the cabbage for 12 minutes. Carefully flip over (it's OK if it falls apart a little) and roast until browned on both sides, about 8 minutes more.

4. To prepare vinaigrette: Combine mustard, vinegar, lemon juice, pepper and ⅛ teaspoon salt in a small bowl. Add chives and oil, stir until well combined.

5. Transfer the cabbage to a serving plate (or plates) and drizzle with the vinaigrette while still hot. Serve hot or room temperature.

SERVES 4: 1 WEDGE EACH

Calories 125, **Fat** 11g (sat 2g), **Cholesterol** 0mg, **Carbs** 7g, **Total sugars** 4g (added 0g), **Protein** 2g, **Fiber** 3g, **Sodium** 271mg, **Potassium** 205mg



RED CABBAGE SALAD WITH BLUE CHEESE & MAPLE-GLAZED WALNUTS

ACTIVE: 35 MIN **TOTAL:** 35 MIN
TO MAKE AHEAD: Store glazed walnuts (Step 2) airtight for up to 1 day.

Serve this hearty salad, combining red cabbage, blue cheese and glazed walnuts, as an accompaniment to roast pork. To slice the cabbage quickly, cut the head into wedges and slice in your food processor. A mandoline is also a great tool for the job. (Photograph page 66)

VINAIGRETTE

- 1 tablespoon crumbled blue cheese
- ¼ cup extra-virgin olive oil
- 3 tablespoons red-wine vinegar
- 1 tablespoon Dijon mustard
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper

SALAD

- 1 tablespoon extra-virgin olive oil
- 1 teaspoon butter
- 1 cup walnuts
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 3 tablespoons pure maple syrup
- 8 cups very thinly sliced red cabbage
- 2 scallions, thinly sliced
- ⅓ cup crumbled blue cheese

1. To prepare vinaigrette: Combine 1 tablespoon blue cheese, ¼ cup oil, vinegar, mustard, salt and pepper in a mini food processor or blender; process until creamy.

2. To prepare salad: Place a piece of parchment or wax paper near your stove. Heat 1 tablespoon oil and butter in a medium skillet over medium heat. Add walnuts and cook, stirring, for 2 minutes. Add salt and pepper and drizzle in maple syrup. Cook, stirring,

until the nuts are well coated and have begun to caramelize, 3 to 5 minutes. Transfer to the paper, spooning any remaining syrup over them. Separate the nuts while they're still warm. Let stand until cool, about 5 minutes.

3. Place cabbage and scallions in a large bowl. Toss with the vinaigrette. Serve topped with blue cheese and the walnuts.

SERVES 8: ABOUT 1 CUP EACH

Calories 232, **Fat** 19g (sat 4g), **Cholesterol** 6mg, **Carbs** 12g, **Total sugars** 8g (added 5g), **Protein** 4g, **Fiber** 2g, **Sodium** 284mg, **Potassium** 273mg

GET WEB-ONLY RECIPES for pork & cabbage stir-fry and French cabbage soup at eatingwell.com

VEGETARIAN STUFFED CABBAGE

ACTIVE: 1¼ HRS **TOTAL:** 2 HRS

TO MAKE AHEAD: Prepare through Step 10, cover and refrigerate for up to 1 day. Let stand at room temperature for about 30 minutes before baking.

Though traditionally this [illegible] made with meat

[illegible]

CABBAGE & FILLING

- 1 cup water
- ½ cup short-grain brown rice
- 1 teaspoon extra-virgin olive oil plus 2 tablespoons, divided
- 1 large Savoy cabbage (2-3 pounds)
- 1 pound baby bella mushrooms, finely chopped
- 1 large onion, finely chopped
- 4 cloves garlic, minced
- ½ teaspoon dried rubbed sage
- ½ teaspoon crumbled dried rosemary
- ½ teaspoon salt, divided
- ¼ teaspoon freshly ground pepper plus ⅛ teaspoon, divided
- ½ cup red wine
- ¼ cup dried currants
- ⅓ cup toasted pine nuts *(see Tip, page 101)*, chopped

SAUCE

- 2 tablespoons extra-virgin olive oil, divided
- 1 small onion, chopped
- 2 cloves garlic, minced
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1 28-ounce can no-salt-added crushed tomatoes *(see Tip, page 101)*
- ½ cup red wine

1. To prepare cabbage & filling: Combine water, rice and 1 teaspoon oil in a medium saucepan; bring to a boil. Reduce heat to maintain the barest simmer, cover and cook until the water is absorbed and the rice is just tender, 40 to 50 minutes. Transfer to a large bowl and set aside.

2. Meanwhile, half fill a large pot with water and bring to a boil. Line a baking sheet with a clean kitchen towel and place near the stove.

3. Using a small, sharp knife, remove the core from the bottom of the cabbage. Add the cabbage to the boiling water and cook for 5 minutes. As the leaves soften, use tongs to gently remove 8 large outer leaves. Transfer the leaves to the baking sheet and pat with more towels to thoroughly dry. Set aside.

4. Drain the remaining cabbage in a colander for a few minutes. Finely chop enough to get about 3 cups. (Save any remaining cabbage for another use.)

5. Heat 1½ tablespoons oil in a large skillet over medium-high heat. Add mushrooms, onion, garlic, sage, rosemary and ¼ teaspoon each salt and pepper; cook, stirring, until the mushrooms have released their juices and the pan is fairly dry, 8 to 10 minutes. Add wine and cook, stirring, until evaporated, about 3 minutes more. Add the mixture to the cooked rice along with currants and pine nuts.

6. Heat the remaining ½ tablespoon oil

VERSATILE VEGETABLE

Cabbage is equally at home in a crunchy salad with blue cheese and maple-glazed walnuts *(opposite)* or braised to melt-in-your-mouth perfection in a stuffed cabbage

in the skillet over medium-high. Add the chopped cabbage, the remaining ¼ teaspoon salt and ⅛ teaspoon pepper; cook, stirring, until the cabbage is wilted and just beginning to brown, 3 to 5 minutes. Add to the rice mixture.

7. To prepare sauce: Heat 1 tablespoon oil in a large skillet over medium heat. Add onion, garlic, salt and pepper and cook, stirring, until starting to soften, 2 to 4 minutes. Add tomatoes and wine, bring to a simmer and cook until slightly thickened, about 10 minutes.

8. Preheat oven to 375°F.

9. To stuff cabbage: Place a reserved cabbage leaf on your work surface; cut out the thick stem in the center, keeping the leaf intact. Place about ¾ cup filling in the center. Fold both sides over the filling and roll up. Repeat with the remaining 7 leaves and filling.

10. Spread 1 cup of the tomato sauce in a 9-by-13-inch baking dish. Place the stuffed cabbage rolls, seam side down, on the sauce. Pour the remaining sauce over the rolls and drizzle with the remaining 1 tablespoon oil.

11. Bake, uncovered, basting twice with the sauce, until hot, about 45 minutes.

SERVES 4: 2 ROLLS EACH

Calories 543, **Fat** 24g (sat 3g), **Cholesterol** 0mg, **Carbs** 61g, **Total sugars** 22g (added 0g), **Protein** 14g, **Fiber** 12g, **Sodium** 499mg, **Potassium** 1,830mg.

EDITOR'S PICK

"This Ohio Stoneware crock combines the best of form and function. It not only looks great, it's designed to help you make the best kraut." —*Jim Romanoff, Food Editor*

SIMPLE SAUERKRAUT

ACTIVE: 30 MIN. **TOTAL:** 3-6 WEEKS

TO MAKE AHEAD: Refrigerate the fermented sauerkraut for up to 6 months. **EQUIPMENT:** 5- to 6-qt. glass, ceramic or stone container or crock with lid and resealable plastic bags.

For the best sauerkraut, choose fresh, firm heads of cabbage and use canning, pickling or kosher salt (not iodized salt). To be sure your cabbage-to-salt ratio is right for fermentation, start with as close to 5 pounds of untrimmed cabbage as you can. To ensure success, pack the cabbage mixture into the container as tightly as possible (eliminating any air pockets) and be sure it stays submerged in the brine at all times.

5 pounds green cabbage
3 tablespoons noniodized salt, such as canning, pickling or kosher, divided
Salt brine, as needed and for water weights (1 teaspoon noniodized salt, dissolved, per 1 cup water)

1. Rinse the cabbages under cool water and remove the tough outer leaves. Cut the cabbages into quarters and cut out the core. Using a large, sharp knife, a food processor with a slicing blade or a mandoline, very thinly slice the cabbage. Place about one-third of the cabbage in a large clean bowl and sprinkle with 1 tablespoon salt; using clean hands, vigorously knead the salt into the cabbage until the cabbage starts to release a little liquid. Repeat with the remaining two-thirds of the cabbage and the remaining 2 tablespoons salt, vigorously kneading the salt into the cabbage after each addition.

2. Once all the cabbage is in the bowl, using both hands, massage the cabbage mixture vigorously, using your fingers to squeeze and bruise the cabbage, releasing as much of its liquid as possible, about 10 minutes.

3. Transfer the mixture and its liquid to a 5- to 6-quart glass, ceramic or stone container. Using your clean fists or a clean kitchen tool, pack the cabbage into the container with as much force as possible, removing all air pockets. Let stand, uncovered, for 2 hours. Pack the cabbage down once again. It should be completely covered in liquid. If not, add enough additional salt brine to cover.

4. Fill a sealable plastic bag (or bags) about two-thirds full with salt brine (instead of plain water in case they leak during fermentation). Place bag (or bags) directly on the surface of the cabbage mixture, using the bag(s) as water weights to keep the cabbage fully submerged at all times. Use enough water weights to cover the whole surface. Cover the container with a clean dish towel and place the lid on top. Place in a cool (60° to 64°F), dark place. The cooler the temperature, the slower the fermentation. If you want to speed up the process, place in a warmer spot, out of direct sunlight or heat.

5. Check the sauerkraut every few days. Remove any scum or bits of white/light gray mold from the surface with a clean spoon and wipe off the plastic bag as necessary. (White/gray mold is not harmful. If you see any black mold, discard the sauerkraut. Pink-colored "slime" on the surface is a yeast

that, while not harmful, spoils the flavor and texture.) Pack the sauerkraut back down and replace the water weights. If the sauerkraut is not fully submerged, add additional salt brine. Replace the dish towel and lid.

6. After 2 to 3 weeks, use a clean fork to take out a sample to taste. If you like the flavor and have seen bubbles on the surface (a sign of fermentation), it's ready to be refrigerated. If you want more flavor, re-cover and continue fermenting until it develops a flavor that you like. When you like the taste, transfer the sauerkraut and liquid to smaller, airtight containers. Refrigerate for up to 6 months.

MAKES: about 10 cups **FOR** 40 servings
Calories 14, **Fat** 0g (sat 0g), **Cholesterol** 0mg, **Carbs** 3g, **Total sugars** 2g (added 0g), **Protein** 1g, **Fiber** 1g, **Sodium** 290mg, **Potassium** 96mg

KOREAN-STYLE BEEF & CABBAGE TACOS

ACTIVE: 1½ hrs **TOTAL:** 1½ hrs (plus 2 24 hrs pickling & marinating time)
TO MAKE AHEAD: Pickle cabbage & marinate steak (Steps 1 & 2) up to 1 day ahead. Prepare rice (Step 3) & cabbage filling (Step 5) up to 2 hours ahead.

These steak tacos use cabbage in three ways: a crisp cabbage leaf acts as the shell, sautéed cabbage is part of the filling and pickled cabbage tops them off. You can make most of the elements ahead, so all you have to do is assemble when ready to serve. (Photograph: page 1.)

PICKLED NAPA CABBAGE
- 4 cups sliced napa cabbage (sliced crosswise)
- ¾ cup rice vinegar
- ½ cup water
- 1 tablespoon minced fresh ginger
- ½ teaspoon coarsely ground pepper
- ¼ teaspoon crushed red pepper
- Pinch of salt

STEAK & MARINADE
- ¼ cup reduced-sodium soy sauce
- ¼ cup rice vinegar
- 1 tablespoon toasted sesame oil
- 2 scallions, finely chopped
- 1½ tablespoons minced fresh ginger
- 1½ tablespoons sugar
- 2 cloves garlic, minced
- 1-2 teaspoons chile paste, such as sambal oelek
- 1 pound skirt steak or flank steak, trimmed

FILLING & CABBAGE SHELLS
- 1 cup water
- ½ cup brown basmati rice
- ¼ teaspoon canola oil plus 1½ tablespoons, divided
- 1 medium red cabbage
- 1 large onion, halved and thinly sliced
- 2 cloves garlic, minced
- ¼ teaspoon freshly ground pepper
- Pinch of salt
- 1 tablespoon minced fresh ginger

1. To prepare pickled cabbage: Place napa cabbage in a large bowl. Combine ¾ cup rice vinegar, ½ cup water, 1 tablespoon ginger, ½ teaspoon pepper, crushed red pepper and salt in a medium saucepan; bring to a boil over high heat and cook until the salt is dissolved, 30 seconds to 1 minute. Let cool for 2 minutes. Pour over the cabbage and stir well. Cover and refrigerate, stirring occasionally, for least 2 hours and up to 1 day.

2. To marinate steak: Combine soy sauce, ¼ cup vinegar, sesame oil, scallions, 1½ tablespoons ginger, sugar, garlic and chile paste to taste in a shallow glass dish. Add steak, cover and marinate in the refrigerator, turning once or twice, for at least 1 hour and up to 1 day.

3. To prepare filling & cabbage shells: Combine 1 cup water, rice and ¼ teaspoon canola oil in a medium saucepan. Bring to a boil over high heat. Stir well, reduce heat to maintain the barest simmer, cover and cook until the water is absorbed and the rice is tender, 40 to 50 minutes. Set aside, covered.

4. Remove the outermost leaves from red cabbage, cut the head in half through the core and remove the core from each half. Peel leaves from each half and select 8 good-looking ones to use for the taco shells. Thinly slice enough of the remaining cabbage to get 4 cups.

5. Heat the remaining 1½ tablespoons canola oil in a large skillet over medium heat. Add onion, 2 cloves minced garlic, ¼ teaspoon pepper and a pinch of salt; cook, stirring frequently, until softened and starting to brown, about 5 minutes. Add the sliced red cabbage and 1 tablespoon ginger and cook, stirring occasionally, until the cabbage starts to wilt, about 5 minutes more. Set aside.

6. When you're ready to cook the steak, preheat a grill to medium-high. (Or position an oven rack 3 to 4 inches from the heat source and preheat broiler to high.)

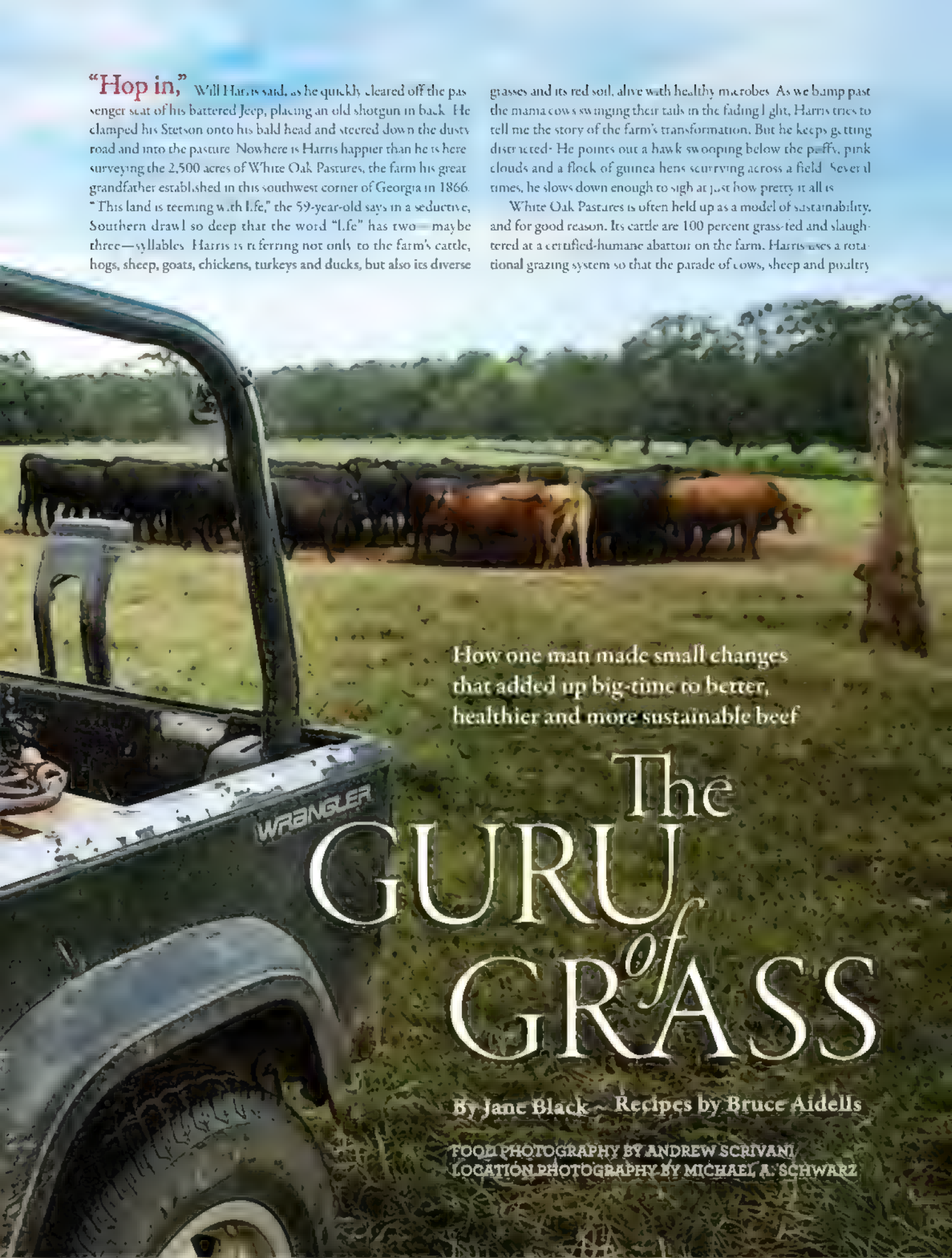
7. Remove the steak from the marinade; reserve the marinade. Grill (or broil), turning once, 6 to 7 minutes for medium-rare skirt steak or 9 to 12 minutes for medium-rare flank steak. Transfer to a clean cutting board, tent with foil and let rest for 5 minutes.

8. Add the marinade to the red cabbage mixture in the skillet and bring to a boil over medium-high heat. Cook, stirring, until the liquid is almost evaporated, about 4 minutes.

9. To serve, divide the rice and the red cabbage mixture among the cabbage shells. Very thinly slice the steak against the grain and divide among the tacos. Top each with about 2 tablespoons drained pickled cabbage.

SERVES 4: 2 tacos each
Calories 450, **Fat** 19g (sat 5g), **Cholesterol** 74mg, **Carbs** 40g, **Total sugars** 11g (added 5g), **Protein** 30g, **Fiber** 6g, **Sodium** 728mg, **Potassium** 1,038mg.

GOING BACK TO GET AHEAD About 97 percent of beef that Americans eat comes from cattle that spend their first year or so on pasture and are then sent to feedlots where they're fattened on a corn-based diet. But Will Harris and ranchers like him are going back to an older way of farming and proving that raising cattle on grass only, without all the chemical inputs of modern industrial beef farming, can not only be done, it can be hugely successful.



How one man made small changes that added up big-time to better, healthier and more sustainable beef

The GURU of GRASS

By Jane Black ~ Recipes by Bruce Aidells

FOOD PHOTOGRAPHY BY ANDREW SCRIVANI
LOCATION PHOTOGRAPHY BY MICHAEL A. SCHWARZ

"Hop in," Will Harris said, as he quickly cleared off the passenger seat of his battered Jeep, placing an old shotgun in back. He clamped his Stetson onto his bald head and steered down the dusty road and into the pasture. Nowhere is Harris happier than he is here surveying the 2,500 acres of White Oak Pastures, the farm his great grandfather established in this southwest corner of Georgia in 1866. "This land is teeming with life," the 59-year-old says in a seductive, Southern drawl so deep that the word "life" has two—maybe three—syllables. Harris is referring not only to the farm's cattle, hogs, sheep, goats, chickens, turkeys and ducks, but also its diverse grasses and its red soil, alive with healthy microbes. As we bump past the mama cows swinging their tails in the fading light, Harris tries to tell me the story of the farm's transformation. But he keeps getting distracted. He points out a hawk swooping below the puffy, pink clouds and a flock of guinea hens scurrying across a field. Several times, he slows down enough to sigh at just how pretty it all is.

White Oak Pastures is often held up as a model of sustainability, and for good reason. Its cattle are 100 percent grass-fed and slaughtered at a certified-humane abattoir on the farm. Harris uses a rotational grazing system so that the parade of cows, sheep and poultry

"I believe in sustainability. But I'm not an evangelist.

benefit from the dozens of different grasses that make up the pasture, and in turn improve it by replenishing it with nutrients. But it was not always this way. Less than 20 years ago, this was a conventional cattle farm, one that relied on chemical fertilizers and pesticides for its fields and hormones, antibiotics and corn for its animals. Until the day that Harris decided everything had to change.

The Business of Beef

Grass-fed beef currently makes up less than 3 percent of U.S. sales. But the industry has grown 25 percent annually in each of the last 10 years. So far, mostly smaller producers have made the switch, raising dozens rather than hundreds of head a year. In contrast, Harris raises 700 each year. "Will's is a great success story," says Allan Nation, editor of *The Stockman Grass Farmer*, a magazine that is the bible for pasture-raised livestock producers. "It's multigenerational and he's achieved scale. That helps a lot."

When Harris's great-grandfather, James Edward Harris, started White Oak Pastures in Bluffton, Georgia, it was a subsistence farm. Every week, Harris and 80 emancipated slaves killed a cow, some hogs—whatever was ready to eat. It was his son, Will Carter Harris, who expanded the farm. He added livestock, and eventually produced most of the meat for Bluffton's 400 residents. Will Carter Harris was so successful as an entrepreneur that he created his own currency that was used widely through town until sometime after World War II, when a representative of the U.S. Treasury showed up to put a stop to it.

The end of the war brought other important changes too. Factories that had once pumped out munitions were now making chemical fertilizers, and chemical companies that had brewed nerve gas started to sell new, powerful pesticides. Cattlemen like Harris's father also embraced new animal husbandry techniques: the routine use of antibiotics, artificial insemination and hormone implants to make the animals grow faster. Farming, which had been more or less the same for 10,000 years, had transformed. It was now a business that was expected to deliver regular, highly measurable financial returns. "The males of my family are very alpha-linear, Western, more-is-better—we're those assholes," Harris says with a laugh. "And we assholes make great industrial farmers. That's the skill set."

In the mid-1990s, however, Harris's drive to squeeze more profits out of his cattle at a faster rate began to fade. It wasn't one moment—it was more a kind of fatigue: "If the label instructions say to put one hormone implant behind that cow's ear, guess how many I was gonna put there? If the label instructions said, put a quart of that to the acre, guess how much I put? So I was the guy that was always doing more and more and cheating and swindling. It just got disgusting."

Harris never intended a radical make-

I am a farmer. And this is the way I want to farm."

over of his farm; there was no "burning bush" moment, as he likes to say. But the changes Harris made were in fact sweeping, perhaps a result of his trademark driven approach to farming. His first step was to transition to organic, which he began in 1995, the same year he took over the farm from his father. With the switch to organic he stopped using hormones and antibiotics. Then, he decided that for the healthiest cattle he needed to grow the best grass. So he adopted a new multi-animal grazing system based on one used in Africa's Serengeti (*see "Pastures Designed by Nature," opposite*). To provide the animals the dignified end they deserve, he realized, it would be best to have a certified-organic and certified-humane slaughterhouse right on the farm.

A Different Way

Twenty years ago, the lifespan of a steer born on Harris's farm was 16 months. Calves were weaned at six months, lived on a diet of grass and grain for another five before being sent to a feedlot, where they binge-fed on corn and gained between three and four pounds a day. At the time, the system made sense to him. It was the way his father had done it and the way Harris had been taught at the University of Georgia, where he got his degree in animal husbandry. But cattle are ruminants, which means their stomachs can't properly digest corn. And the long truck journey to the feedlot was unsanitary and stressful for the animals—as was their destination. "Sending cattle to a feedlot is like raising your daughter to be a princess and then sending her off to the whorehouse," Harris says.

Today, his cattle are weaned at eight months and spend the next 14 months munching on the farm's mix of seasonal grasses, including bahiagrass, dallisgrass, Johnson grass, white clover and cereal rye. When their time comes, the animals walk to the farm's on-site slaughterhouse. The differences between the industrial and grass-fed methods illuminate why Harris's beef sells for a premium. Pasture-raised animals live almost 40 percent longer and still weigh between 20 and 30 percent less at slaughter than feedlot-fed animals. In short: it costs more to produce every pound of meat.

The transformation of White Oak Pastures has earned Harris plenty of acclaim. He was Georgia's Small Business Person of the Year in 2011; last fall, he was named the Chefs Collaborative Foodshed Champion for setting the gold standard for humane animal production. And Harris is as alpha-linear as ever. The difference is that now he measures his success based on the farm's environmental sustainability, animal welfare and the happiness of his 85 workers, rather than the quantity of meat he can produce per dollar.

"His commitment to the cause, his people and his family has made him a very influential man," says Nick Pihakis, the owner

of Southeastern barbecue chain Jim 'N Nick's, which, with Harris's help, is beginning to produce and process sustainable pork for its restaurants.

Harris is a student of the science on everything from methane-gas emissions to nutrient density. But he'd rather leave those arguments to the experts. "I believe in sustainability. But I am not an evangelist. I am a farmer. And this is the way I want to farm," Harris says. When asked why grass-fed is better, he answers simply: "Because the organic matter in my soil has grown from half a percent to 5 percent. Because when we have three to four inches of rain in 45 minutes, I can stand in the lower end of my cow pasture and watch clear water run out of my farm; there's no erosion on my land. Because I haven't used any chemical fertilizer in 10 years. I haven't used any pesticide in 10 years. I haven't used any hormones in 10 years. I haven't used any antibiotics in 10 years. Intuitively, you've got to just know that's better."

JANE BLACK *lives in New York and writes for* The Washington Post *and* The New York Times.

MISO-MARINATED FLANK STEAK

ACTIVE 30 MIN **TOTAL:** 1 HR 10 MIN (PLUS 2-24 HRS MARINATING TIME)
TO MAKE AHEAD: Marinate the steak in the refrigerator for up to 1 day.

- ⅓ cup sake
- ¼ cup mirin (see *Tip*, page 101)
- 1 tablespoon reduced-sodium soy sauce
- 1 teaspoon minced fresh ginger
- 1 teaspoon sugar
- 2 tablespoons white miso
- 1 grass-fed flank steak (about 1½ pounds), trimmed
- 1 tablespoon peanut oil

1. Combine sake, mirin, soy sauce, ginger and sugar in a small saucepan, bring to a boil over medium-high heat. Remove from heat and whisk in miso until fully dissolved. Let cool.
2. Place steak in a gallon-size sealable plastic bag and pour in the marinade. Turn the bag several times to coat the steak. Marinate in the refrigerator for at least 2 hours or up to 1 day, turning the bag a few times, if possible, to redistribute the marinade.
3. Remove the steak from the marinade (discard marinade) and let it stand on a plate at room temperature for 40 minutes.
4. Position oven rack about 3 inches from the heat source, preheat broiler to high. (Or preheat a grill to medium-high.)
5. Pat the steak dry and brush with oil. Place on a broiler pan (or directly on the grill rack) and cook, flipping once, until an instant-read thermometer inserted into the thickest part registers 125° to 130°F for medium-rare, 3 to 6 minutes per side, depending on thickness. Transfer the steak to a clean cutting board and let rest for 5 minutes. To serve, cut diagonally across the grain into ¼-inch-thick slices.

SERVES 5: ABOUT 3½ OZ STEAK EACH
Calories 239 **Fat** 12g (sat 4g), **Cholesterol** 82mg, **Carbs** 1g, **Total sugars** 1g (added 0g), **Protein** 28g **Fiber** 0g, **Sodium** 109mg, **Potassium** 334mg

THE TERROIR OF GRASS-FED

Like a good wine, grass-fed beef has subtle tastes of the pastures the cattle grazed in. Its rich, meaty flavor varies from ranch to ranch and shouldn't be compared to the consistency of grain-fed.

~ Is Grass-Fed Worth It? ~

We [illegible] here's what you need to consider when choosing between grass-fed and conventional

HEALTHY ADVANTAGE

A number of studies show that grass-fed beef has less fat—no surprise because the cattle are leaner. It also has more vitamin E and beta carotene than conventional beef because of the cattle's diverse diet of grasses. A 2010 *Nutrition Journal* study found that grass-fed beef had more heart-healthy omega-3 fatty acids and a lower ratio of omega-6 to omega-3 fatty acids, a profile which is believed to help prevent chronic diseases including heart disease and some cancers. Still, it's important to note that while grass-fed beef may have more omega-3s than conventional, the total amount is tiny when compared with fatty fish. Grass-fed beef has only 20 to 30 milligrams of omega-3s per 100 grams; you get about 50 times more from the same amount of wild salmon.

~

SAFER STEAKS

Raising cattle on pasture may reduce the risk of bacterial contamination. Some studies found that grass-fed beef carries less *E. coli* than meat from grain-fed, confined animals and is therefore less likely to cause foodborne illness. Other studies have found no significant difference.

~

A MORE HU'MANE OPTION

Pasture-raised cattle typically spend their days in the fields, where they can move freely, rather than in an enclosed pen. Whether the animals are humanely slaughtered depends on the farm. Ideally, the animals do not have to travel long distances, which can be stressful, and systems are designed to minimize pain. (*See "Read the Labels," page 80.*) Cows are ruminants, which means they have four stomachs that were designed to process grass. While the animals like corn—Harris says it's like giving a human a big bowl of candy—the low-fiber diet makes them sick.

~

PRESERVING ANTIBIOTICS

Because cattle get sick eating corn, conventional producers often give their animals antibiotics to keep infections at bay. The antibiotics also help the animals grow faster. Unfortunately this type of overuse of antibiotics in food animals contributes to the creation of "superbugs," bacteria that have mutated so that they do not respond to antibiotics. Buying meat raised without antibiotics helps to limit the use of these essential drugs, so that they are effective when humans need them for medical use. Many grass-fed producers don't use antibiotics, but note that the term "grass-fed" on a label does not necessarily mean "raised without antibiotics." (*See "Read the Labels," page 80.*)

~

IMPACT ON THE ENVIRONMENT

There is little data that proves that grass-fed cattle operations use fewer resources, such as water and fertilizer. But this is because grass-fed operations are so different from one another that it is hard to generalize and compare them to more industrial farms. In theory, though, the practice of regularly moving animals to fresh pasture and keeping them away from streambeds helps to spread manure more evenly and improve the quality and quantity of pasture grasses. This can help to conserve soil and reduce erosion and water pollution.

Beef production, no matter what kind, takes its toll on the environment. When cattle burp—and they burp a lot—they release methane, a potent greenhouse gas. There are few definitive studies, however, on the net amount of methane emissions from grass-fed versus grain-fed cattle. Defenders of conventional beef argue that since pasture-raised cattle gain weight more slowly than grain-fed animals, those animals take longer to reach slaughter weight and therefore have more months to emit more gases. (Plus since grass-fed cows don't grow as big, farmers need to raise more animals to produce the same amount of meat.) But these methane emissions may be offset by another benefit, carbon sequestration: carbon that gets stored in the soil when using well-managed rotational grazing systems. The roots of healthier grasses grow larger, keeping more carbon in the soil and out of the air. At White Oak Pastures, carbon trapped in the soil built up from 0.5 to 5 percent in 15 years.

THE FIFTH GENERATION

Harris's daughters have come back to work on the farm. Jodi (*right*) is helping to build an agritourism business and Jenni (*left*) is the head of marketing

The bold flavors
from the mustard,
blue cheese and
anchovies are
with a juicy

FLAT-IRON STEAK SALAD WITH MUSTARD-ANCHOVY DRESSING

ACTIVE: 35 MIN **TOTAL:** 1¼ HRS

TO MAKE AHEAD: Marinate steaks (Step 1), prepare dressing (Step 2) and refrigerate for up to 1 day. Let stand at room temperature for 40 minutes before cooking.

This steak salad recipe is tasty and easy to make. Flat-iron steaks, a relatively new addition to our repertoire of great steaks, are from the top of the shoulder blade, an area that does very little movement, so they are quite tender. Cook this lean cut to medium-rare for the best flavor.

STEAKS

- 3 tablespoons extra-virgin olive oil
- 1 tablespoon minced garlic
- 1 tablespoon finely chopped fresh thyme
- 2 teaspoons finely chopped fresh sage
- 1 teaspoon salt
- 1 teaspoon freshly ground pepper
- 4 grass-fed flat-iron steaks (¾ inch thick, about 1½ pounds total), trimmed, *or* 1 flank steak, cut crosswise into 4 equal pieces

SALAD

- 3 tablespoons red-wine vinegar
- 1 tablespoon Dijon mustard
- 3 anchovy fillets *or* 1½ teaspoons anchovy paste
- 1 clove garlic
- ½ teaspoon freshly ground pepper
- ¼ cup extra-virgin olive oil
- 12 cups frisée *or* curly endive, torn into pieces
- ½ cup crumbled blue cheese

1. To marinate steaks: Combine 3 tablespoons oil, minced garlic, thyme, sage, salt and 1 teaspoon pepper in a gallon-size sealable plastic bag. Add steaks and turn the bag several times to coat them. Let the steaks marinate for 1 hour at room temperature or refrigerate for up to 1 day.

2. To prepare dressing: Place vinegar, mustard, anchovy, garlic clove and ½ teaspoon pepper in a mini food processor (or blender) and process until smooth, scraping down the sides with a rubber spatula as needed. Add ¼ cup oil and process until creamy. Set aside for up to 1 hour or refrigerate for up to 1 day.

3. To cook steaks: Heat a ridged grill pan over medium-high heat until hot or preheat a grill to medium-high.

4. Remove the steaks from the marinade (Discard marinade.) Grill the steaks (two at a time, if using a grill pan) until browned on both sides and an instant-read thermometer inserted into the center registers 125° to 130°F for medium-rare, 2 to 4 minutes per side. Transfer to a clean cutting board.

5. To finish the salad: Toss frisée (or endive) with the dressing in a large bowl. Divide among 6 plates. Slice the steak diagonally across the grain into ¼-inch-thick slices. Top the salads with the steak and sprinkle with blue cheese.

SERVES 6: 2 CUPS SALAD, 3 OZ. STEAK & 1 GENEROUS TBSP. CHEESE EACH

Calories 363, **Fat** 26g (sat 7g), **Cholesterol** 79mg, **Carbs** 4g, **Total sugars** 0g (added 0g), **Protein** 28g, **Fiber** 3g, **Sodium** 589mg, **Potassium** 635mg.

SALISBURY STEAK WITH SWEET PAPRIKA SAUCE

ACTIVE: 40 MIN **TOTAL:** 40 MIN

Ground beef is the most easy-to-find and least expensive form of grass-fed beef. Here we shape it into Salisbury steak patties and match them with a creamy paprika and roasted red pepper sauce. Serve it with whole-wheat egg noodles and a nice big mixed green salad.

- 2 tablespoons extra-virgin olive oil, divided
- 2 cups thinly sliced onions
- 2 teaspoons minced garlic
- 1½ tablespoons paprika, preferably sweet Hungarian, plus 2 teaspoons, divided
- ¼ cup diced jarred roasted red peppers *or* piquillo peppers
- 1 cup low-sodium chicken broth
- 1 tablespoon chopped fresh basil
- ⅓ cup reduced-fat sour cream
- ¾ teaspoon salt, divided
- ½ teaspoon freshly ground pepper, divided
- 1 pound ground grass-fed beef (85% lean or leaner)
- 2 teaspoons finely chopped shallot

1. Heat 1 tablespoon oil in a large saucepan over medium heat. Add onions, cover and cook, stirring, until the onions are quite soft and beginning to color, 6 to 10 minutes. Reduce heat to medium-low and add garlic and 1½ tablespoons paprika; cook, stirring, for 1 minute more.

2. Combine roasted peppers and broth in a

2011 Twenty Rows Cabernet Sauvignon, *Napa Valley* ($21), melts in your mouth alongside the creamy sweet onions and seared Salisbury steaks.

mini food processor (or blender) and process until smooth. Add to the pan along with basil, stir, scraping up any browned bits. Increase heat to medium-high and bring to a boil. Cook until thickened and much of the liquid has evaporated, 5 to 7 minutes. Remove from heat and stir in sour cream and ¼ teaspoon each salt and pepper. Cover to keep warm.

3. Meanwhile, combine beef, shallot, the remaining 2 teaspoons paprika, ½ teaspoon salt and ¼ teaspoon pepper in a medium bowl. Gently mix with a fork until just incorporated (avoid overmixing). Form into 4 oval-shaped Salisbury steaks, ¾ to 1 inch thick.

4. Heat remaining 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add steaks and cook until browned on the bottom, about 3 minutes. Turn over, reduce heat to medium and cook until browned on other side, about 3 minutes. Continue cooking, turning two more times until an instant-read thermometer inserted into the center registers 165°F, 2 to 3 minutes more per side. Serve the steaks with the sauce.

SERVES 4: 1 STEAK & ⅓ CUP SAUCE EACH
Calories 290, **Fat** 18g (sat 6g), **Cholesterol** 72mg, **Carbs** 14g, **Total sugars** 4g (added 0g), **Protein** 22g, **Fiber** 3g, **Sodium** 611mg, **Potassium** 297mg

RIB-EYE STEAKS WITH PIQUILLO PEPPER SAUCE

ACTIVE: 30 MIN **TOTAL:** 50 MIN
TO MAKE AHEAD: Cover and refrigerate the sauce (Step 2) for up to 2 weeks

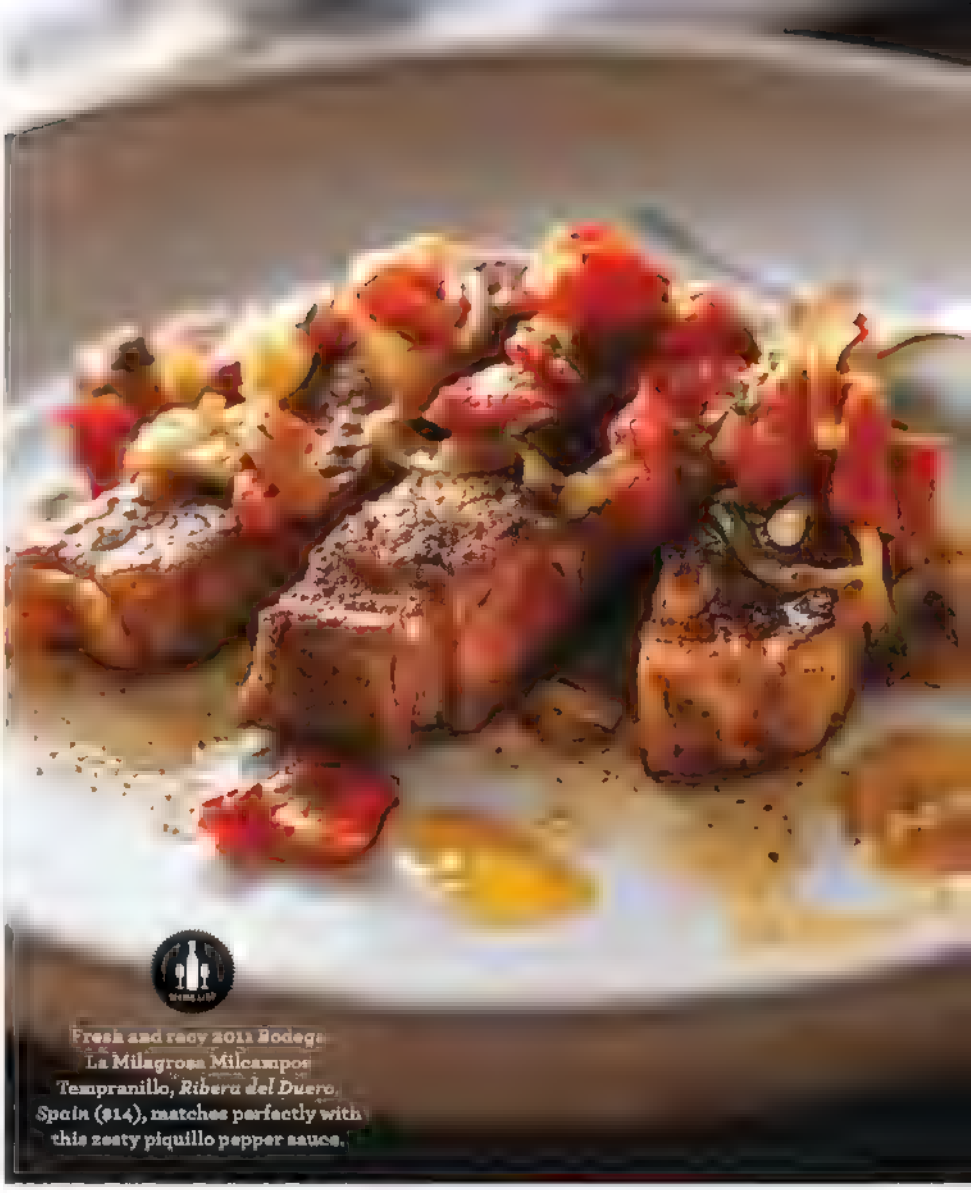
This pan-grilled steak recipe works with any tender cut of boneless steak, such as New York strip, tri-tip or top round filet, as long as the thickness is between 1 and 1½ inches. Look for sweet-tangy jarred piquillo pepper sauce in specialty stores. Use pimiento peppers as a substitute.

STEAKS

- 2 grass-fed boneless rib-eye steaks, 1-1½ inches thick (about 1¼ pounds total), trimmed
- 1 teaspoon extra-virgin olive oil
- 1 teaspoon smoked paprika
- ½ teaspoon brown sugar
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper

SAUCE

- 2 tablespoons extra-virgin olive oil
- 1 medium shallot, thinly sliced
- 2 small cloves garlic, thinly sliced
- 1½ teaspoons chopped rinsed capers
- ½ anchovy, finely chopped, or ½ teaspoon anchovy paste
- 1 teaspoon chopped fresh oregano
- ½ cup chopped piquillo or pimiento peppers
- ½ teaspoon Dijon mustard
- ½ teaspoon Worcestershire sauce



Fresh and racy 2011 Bodega La Milagrosa Milcampos Tempranillo, *Ribera del Duero*, Spain ($14), matches perfectly with this zesty piquillo pepper sauce.

1. To season steaks: Brush steaks with 1 teaspoon oil. Combine paprika, brown sugar, salt and pepper and sprinkle all over the steaks. Set aside at room temperature for 40 minutes. (Or wrap in plastic and refrigerate for up to 1 day. Before cooking, unwrap and let rest at room temperature for 40 minutes.)

2. To prepare sauce: Meanwhile, heat 2 tablespoons oil in a small saucepan over medium heat. Add shallot, garlic, capers and anchovy; cook, stirring frequently, until the shallot and garlic are soft but not colored, about 2 minutes. Add oregano and cook 30 seconds more. Stir in peppers, mustard and Worcestershire until well blended. Cover and reduce heat to maintain a gentle simmer. Let simmer for up to 20 minutes while you cook the steaks.

3. To cook steaks: Turn on exhaust fan. Heat a heavy cast-iron pan, large enough to hold both steaks without touching, over medium-high heat until very hot. Add both steaks and sear on one side for 3 minutes, checking to make sure the surface is browning nicely but not burning; reduce heat as needed. Turn and sear the other side for 4 minutes more. Reduce heat to medium and continue cooking, turning once or twice more, until an instant-read thermometer inserted into the thickest part registers 125° to 130°F for medium-rare, 1 to 3 minutes more. Transfer the steaks to a clean cutting board and let rest 5 minutes. Cut the steaks across the grain into ½-inch-thick slices. Serve with the sauce.

SERVES 4: 3 OZ. STEAK & 2 TBSP SAUCE EACH
Calories 239, **Fat** 13g (sat 3g), **Cholesterol** 74mg, **Carbs** 4g, **Total sugars** 2g (added 1g), **Protein** 24g, **Fiber** 0g, **Sodium** 453mg, **Potassium** 352mg

(continued on page 80)

LUNDBERG

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How to Buy and Cook Grass-Fed Beef

Not only is the taste of grass-fed beef a little different — deeper, richer and more mineral — there are other differences to keep in mind as well when you're buying or cooking the meat. Here's what to consider.

READ THE LABELS

Look for the words "grass-fed" on labels. It's USDA-regulated and ensures that the meat is from cattle that have eaten solely grass and forage, from weaning to slaughter.

The American Grassfed Association third-party-certified logo indicates that cattle are 100 percent grass-fed. But it also means that animals were raised without hormones or antibiotics, were not confined and were raised and harvested humanely. The Food Alliance also certifies grass-fed claims.

If you buy direct from a farmer and there are no labels, ask for the specifics about the beef.

When you see the terms "pastured" or "grass-finished" on a label, know that they are unregulated and could mean that the animal's diet included grains.

UNDERSTAND SEASONALITY

Unlike conventional beef, which can be fed year-round on grain, grass-fed beef is at its prime when the grass is green and nutrient-rich. For this reason, some farmers sell all their meat fresh at peak season while others freeze the meat for sale throughout the year. (Taste should not suffer if meat is vacuum-sealed and properly frozen.) Of course, in-season is relative to where the animals are grazed. For most cattle-raising areas of the U.S., the height of the season is late spring to early summer, but in more temperate states there can be great pastures year-round.

~

SELECT THE BEST

Leaner than conventional and with less marbling, the meat should look moist, with no brown edges, and have fat that ranges from faintly yellow to butter yellow. Grass-fed beef has a wider range of colors than conventional—from bright red to deep mahogany-brown—so don't use color as an indication of freshness.

~

KEEP IT MOIST & TENDER

Cook tender steaks and roasts, such as rib roast, strip loin, tenderloin and tri-tip, to no more than medium-rare; otherwise they can become dry and tough. For lean roasts, such as sirloin tip, sirloin and top round, consider brining or marinating the meat overnight to enhance the juiciness. If you prefer well-done beef, choose a tougher cut, such as chuck roast, brisket or short ribs, and braise it low and slow until fork-tender.

BRUCE AIDELL's *latest book is* The Great Meat Cookbook.

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By Hilary Meyer

The Magic of a Muffin Tin
Cooking in a small kitchen can turn anyone into a minimalist. A cake pan? Forget about it; birthdays only come once a year. A toaster oven? Let your broiler do the work! But the one tool you should keep in your cooking arsenal may surprise you: a muffin tin. It just may be one of the coolest tools you own. Obviously, it's great for muffins—but you can use it for so much more.
Irresistibly Cute
When you have guests over, you can take something basic, like lasagna, and give it a whole new look by making it in your muffin tin. For the filling, sauté asparagus and mushrooms and layer them with creamy ricotta between wonton wrappers cleverly disguised as noodles. For dessert, make Mini Strawberry Rhubarb Pies with a sweet, nutty almond crust. So easy. So cute. So delicious.
Perfect Portions
And of course, with a muffin tin you've got the assurance of built-in portion control. Use it to make oatmeal cakes packed with blueberries, flavored with maple syrup along with a smidge of cinnamon and baked into 12 perfectly sized and portable parcels, ready to grab from your fridge or freezer as you dash out the door on your way to work. Get out your muffin tin and let the magic begin.

MINI RUM-RAISIN BREAD PUDDINGS

ACTIVE: 35 MIN **TOTAL:** 1 HR

TO MAKE AHEAD: Cover and refrigerate the puddings and the sauce in separate containers for up to 1 day. **EQUIPMENT:** Nonstick muffin tin with 12 (½-cup) cups

- 4 tablespoons unsalted butter, divided
- 2 large eggs, lightly beaten
- 2 cups low-fat milk
- 1 cup dark brown sugar, divided
- 4 tablespoons dark rum or apple cider, divided
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- Pinch of ground nutmeg
- ½ cup raisins
- 5 cups cubed or torn whole-wheat country bread (½ inch)
- ¼ cup chopped pecans
- Pinch of salt
- ½ cup half-and-half

1. Position oven rack in center of oven; preheat to 325°F. Coat a 12-cup nonstick muffin tin with cooking spray.

2. Melt 2 tablespoons butter in a small microwave-safe bowl. Whisk eggs, milk, ½ cup brown sugar, 2 tablespoons rum (or cider), cinnamon, vanilla and nutmeg in a large bowl. Whisk in the melted butter and raisins. Gently stir in bread. Let stand, stirring occasionally, to let the bread absorb the liquid, about 15 minutes.

3. Divide the mixture evenly among the muffin cups (about ⅓ cup each). Top each with about 1 teaspoon pecans.

4. Bake the puddings on the center rack until set and just beginning to brown on top, 20 to 25 minutes. Let cool in the pan for 10 minutes. Gently loosen and remove with a paring knife.

5. Meanwhile, combine the remaining 2 tablespoons butter, ½ cup brown sugar, 2 tablespoons rum (or cider) and pinch of salt in a small saucepan. Cook over medium-high heat, whisking, until bubbling and the sugar is mostly dissolved, about 2 minutes. Whisk in half-and-half and continue cooking, whisking vigorously and constantly, until bubbling and thickened slightly, about 1 minute more. Remove from heat and whisk slowly for 1 minute more. Let the sauce stand until ready to serve; it will thicken as it sits.

6. Serve the bread puddings with the sauce.

SERVES 12: 1 PUDDING & 1 TBSP SAUCE EACH

Calories 243 **Fat** 9g (sat 4g), **Cholesterol** 47mg, **Carbs** 34g **Total sugars** 25g (added 19g), **Protein** 6g **Fiber** 2g, **Sodium** 135mg, **Potassium** 218mg

STYLING: VANESSA DE LUCA; PROPS: KAREN JOHNSON; PR

SOUTHWEST QUINOA CAKES

ACTIVE: 35 MIN **TOTAL:** 1 HR

TO MAKE AHEAD: Cover and refrigerate the salsa (Step 5) for up to 3 days; bring to room temperature before serving. **EQUIPMENT:** Nonstick muffin tin with 12 (½-cup) cups

- 2 cups water
- 1 cup quinoa, preferably red quinoa
- 4 large eggs, lightly beaten
- 1 cup canned black beans, rinsed
- ¾ cup reduced-fat cottage cheese
- ¼ cup sliced scallions
- 2 tablespoons all-purpose flour
- 1 teaspoon baking powder
- ¼ teaspoon salt, plus a pinch, divided
- 1 cup shredded pepper Jack cheese
- 1 14-ounce can fire-roasted diced tomatoes
- 1 clove garlic
- 1 small chipotle pepper in adobo sauce *(see Tip, below)*
- ¼ cup chopped fresh cilantro
- 1 avocado, chopped

1. Preheat oven to 375°F. Coat a 12-cup nonstick muffin tin with cooking spray.

2. Bring water to a boil in a medium saucepan. Stir in quinoa. Reduce to a simmer, cover and cook until the grains are tender and reveal their spiraled germ, about 15 minutes. Transfer to a large bowl and let cool for about 10 minutes.

3. Add eggs, beans, cottage cheese, scallions, flour, baking powder and ¼ teaspoon salt to the quinoa and stir until well combined. Divide the mixture among the muffin cups (about ¼ cup each). Top each quinoa cake with about 1 tablespoon cheese.

4. Bake the cakes until puffed and a little brown on top, about 20 minutes. Let cool in the pan for 5 minutes. Gently loosen and remove with a paring knife.

5. Meanwhile, place tomatoes, garlic, chipotle pepper and a pinch of salt in a blender and puree until smooth. Transfer to a small bowl and stir in cilantro.

6. Serve the cakes with the salsa and avocado.

SERVES 6: 2 CAKES & ¼ CUP SALSA EACH

Calories 365, **Fat** 17g (sat 6g), **Cholesterol** 140mg, **Carbs** 35g, **Total sugars** 6g (added 0g), **Protein** 19g, **Fiber** 7g, **Sodium** 662mg, **Potassium** 515mg.

Tip: Chipotle chile peppers in adobo sauce are smoked jalapeños packed in a flavorful, spicy sauce. Look for the small cans with Mexican foods at large supermarkets. Once opened, they'll keep for up to 2 weeks in the refrigerator or 6 months in the freezer.

BAKED EGGS IN PROSCIUTTO-HASH BROWN CUPS

ACTIVE: 40 M N **TOTAL:** 1½ HRS

EQUIPMENT: Nonstick muffin tin with 12 (⅓-cup) cups

- Canola or olive oil cooking spray
- 6 cups frozen shredded hash browns, fully thawed
- 3 tablespoons extra-virgin olive oil
- 1 teaspoon chopped fresh rosemary or ¼ teaspoon dried
- ⅓ teaspoon piment d Espelette *(see Tip, page 101)* or hot paprika
- ½ teaspoon freshly ground pepper
- ¼ teaspoon salt
- 6 thin slices prosciutto (about 3 ounces), halved crosswise
- 12 large eggs, at room temperature *(see Tip, page 101)*
- 3 tablespoons chopped fresh chives

1. Preheat oven to 375°F. Generously coat a 12-cup nonstick muffin tin with cooking spray.

2. Put hash browns in a clean kitchen towel, working over the sink, squeeze and wring the towel to remove as much liquid from the hash browns as possible. Transfer to a large bowl, stir in oil, rosemary, piment d'Espelette (or paprika), pepper and salt until combined. Divide the mixture among the muffin cups (about ⅓ cup each), then press into the bottom and up the sides of each cup to form a "nest." (There should be a solid layer in the bottom of the cup but it's OK if the hash browns don't go completely up the sides.) Generously coat the hash browns with cooking spray.

3. Bake the hash brown nests until golden brown on the bottom and edges, about 30 minutes.

4. Lay 1 piece of prosciutto into each hash brown nest, letting it overhang the edges. One at a time, crack an egg into a small bowl and slip it into a nest. (It's OK if some of the egg white spills over.)

5. Bake, rotating the pan front to back halfway through, until the eggs are cooked to desired doneness, 10 to 15 minutes for medium set or 15 to 18 minutes for hard set. Let cool in the pan for 5 minutes. Run a butter knife around the edges of each nest a few times to loosen completely, then use the knife to lift them out of the tin. Serve sprinkled with chives.

SERVES 6: 2 EGG CUPS EACH

Calories 317 **Fat** 19g (sat 5g), **Cholesterol** 383mg, **Carbs** 17g, **Total sugars** 0g (added 0g), **Protein** 19g, **Fiber** 1g, **Sodium** [illegible], **Potassium** 209mg

ASPARAGUS-MUSHROOM MINI LASAGNAS

ACTIVE 1HR **TOTAL**-1HR 25 MIN
EQUIPMENT. Nonstick muffin tin with 12 (½-cup) cups

Canola or olive oil cooking spray
1 cup low-fat milk
1 tablespoon all-purpose flour
¾ cup grated Asiago cheese
⅛-¼ teaspoon white or black pepper
1 tablespoon extra-virgin olive oil
1 large shallot, finely chopped
2 cups chopped baby bella mushrooms
¼ teaspoon salt
2 cups thinly sliced asparagus (from 1 bunch)
24 wonton wrappers
1 cup part-skim ricotta cheese
¼ cup prepared pesto

1. Preheat oven to 375°F. Coat a 12-cup nonstick muffin tin with cooking spray.

2. Whisk milk and flour in a small saucepan. Bring to a boil over medium-high heat, whisking constantly until bubbling and thickened enough to coat the back of a spoon, about 3 minutes. Remove from heat and whisk in Asiago and pepper to taste.

3. Heat oil in a large skillet over medium-high heat. Add shallot, mushrooms and salt and cook, stirring occasionally, until the mushrooms release their liquid, 3 to 5 minutes. Add asparagus and cook, stirring, until just beginning to soften, about 3 minutes.

4. Place a wonton wrapper into the bottom and partway up the sides of each muffin cup. Combine ricotta and pesto in a medium bowl. Spoon about 2 teaspoons of the ricotta mixture into each muffin cup. Spread about 2 teaspoons of the Asiago sauce over the ricotta and top with about 1 tablespoon of the vegetable mixture. Place another wonton wrapper over the filling, pressing down gently to form a "cup." The corners of the wrappers will stick up, forming 4 little points. Repeat with another layer of the ricotta mixture, Asiago sauce and vegetables. Coat the tops with cooking spray.

5. Bake the mini lasagnas until the tops of the wonton wrappers are golden brown and the filling is bubbling, 18 to 20 minutes. Let cool in the pan for 5 minutes. Loosen and remove with a paring knife. Serve warm.

SERVES 6: 2 LASAGNAS EACH
Calories [illegible] Fat [illegible] Cholesterol [illegible]
Carbs [illegible] Total sugars [illegible] Protein [illegible] Fiber [illegible] Sodium [illegible] Potassium [illegible]

Although not conventional, wonton wrappers are the perfect stand-in for noodles in these spring lasagnas. Once you get the hang of making lasagna in your muffin tin, experiment with different fillings to suit your fancy

Spring vegetables, pesto and Asiago cheese sing for an entire and medium-bodied Italian white wine like 2011 Ancolie Sauvignon Vincenzo Zonin (

Instead of a traditional crust, we process almonds with flour and sugar to make a crumbly crust to pat into the pan. Make sure you let the baked pies cool in the pan for the full 30 minutes so the filling has time to set.

MINI STRAWBERRY-RHUBARB PIES

ACTIVE 1 HR **TOTAL:** 2 HRS

TO MAKE AHEAD: Prepare crust and topping (Steps 1-2), cover and refrigerate separately for up to 3 days. Baked pies will keep, loosely covered, at room temperature for up to 1 day.

EQUIPMENT: Nonstick muffin tin with 12 (½-cup) cups

CRUST & TOPPING

- 1 cup chopped almonds, divided
- 1½ cups white whole-wheat flour
- ½ cup sugar
- ½ teaspoon salt
- 4 tablespoons cold unsalted butter, cut into small pieces
- 1 large egg
- 2 tablespoons canola oil
- 1 teaspoon vanilla extract
- ¼ teaspoon almond extract

FILLING

- 2 tablespoons instant tapioca
- 2 cups chopped rhubarb, fresh or frozen (thawed)
- ⅓ cup sugar
- 1 teaspoon vanilla extract
- Pinch of salt
- 2 cups chopped strawberries, fresh or frozen (thawed)

1. **To prepare crust & topping:** Combine ¾ cup almonds, flour, ½ cup sugar and ½ teaspoon salt in a food processor; pulse until the nuts are finely ground. Add butter; pulse until well incorporated.

2. Whisk egg, oil, vanilla and almond extract in a small bowl. With the motor running, add the mixture to the food processor. Process, then pulse, scraping down the sides if necessary, until the mixture begins to clump, 30 to 45 seconds (it will look crumbly). Measure out ¼ cup of the mixture and combine in a bowl with the remaining ¼ cup almonds; set aside for the topping.

3. Preheat oven to 400°F. Generously coat a 12-cup nonstick muffin tin with cooking spray.

4. Using clean hands, press about ¼ cup of the crust mixture into the bottom and all the way up the sides of each muffin cup. Prick the bottoms with a fork.

5. Bake until the crusts are set and the edges are just beginning to brown, 6 to 8 minutes. Let cool on a wire rack.

6. Reduce oven temperature to 350°.

7. **To prepare filling:** Process tapioca in a spice grinder, mini food processor or blender until finely

ground. Combine with rhubarb, sugar, vanilla and salt in a large saucepan. Cook over medium heat, stirring frequently, until bubbling, thickened and the rhubarb is starting to break down, 5 to 8 minutes. Remove from heat and stir in strawberries. Divide the filling among the crusts (a generous 2 tablespoons each). Sprinkle with the reserved topping.

8. Bake the mini pies until the topping is beginning to brown, 25 to 30 minutes. Let cool in the pan for at least 30 minutes. Loosen the edges with a paring knife, then gently pry the pies out of the tin with a butter knife. Serve warm or room temperature.

SERVES 12 1 PIE EACH

Calories [illegible] Fat [illegible] sat 3g) **Cholesterol** 20mg Carbs [illegible] **Total sugars** 16g (added 14g), **Protein** 5g **Fiber** 4g **Sodium** 117mg **Potassium** 193mg

BREAKFAST BLUEBERRY

OATMEAL CAKES

ACTIVE: 15 MIN **TOTAL:** 55 MIN, PLUS 8-12 HRS SOAKING TIME

TO MAKE AHEAD: Wrap airtight and refrigerate for up to 2 days or freeze for up to 3 months. **EQUIPMENT:** Nonstick muffin tin with 12 (½-cup) cups

- 2½ cups old-fashioned rolled oats
- 1½ cups low-fat milk
- 1 large egg, lightly beaten
- ⅓ cup pure maple syrup
- 2 tablespoons canola oil
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- 1 teaspoon baking powder
- ¼ teaspoon salt
- ¾ cup blueberries, fresh or frozen

1. Combine oats and milk in a large bowl. Cover and let soak in the refrigerator until much of the liquid is absorbed, at least 8 hours and up to 12 hours.

2. Preheat oven to 375°F. Coat a 12-cup nonstick muffin tin with cooking spray.

3. Stir egg, maple syrup, oil, vanilla, cinnamon, baking powder and salt into the soaked oats until well combined. Divide the mixture among the muffin cups (about ¼ cup each). Top each with 1 tablespoon blueberries.

4. Bake the oatmeal cakes until they spring back when touched, 25 to 30 minutes. Let cool in the pan for a 10 minutes. Loosen and remove with a paring knife. Serve warm.

SERVES 6: 2 OATMEAL CAKES EACH

Calories [illegible] Fat [illegible] g), **Cholesterol** 34mg Carbs 44g, **Total sugars** 18g (added 12g), **Protein** 7g, **Fiber** 4g, **Sodium** 219mg, **Potassium** 277mg

Just Add

Americans consume twice as much yogurt as a decade ago—just look at how many kinds there are in the dairy case. An ever-so-cool and creamy texture and pleasantly tangy taste are part of the appeal, but its versatility is also fueling the growth. Turn the page for 10 quick and healthy ideas that will make you always want to have yogurt in your fridge.

Recipes by THE EATINGWELL TEST KITCHEN *Photography by* HELEN NORMAN

Yogurt!

HOMEMADE PLAIN YOGURT

ACTIVE: 30 MIN **TOTAL:** 10-14 HOURS
TO MAKE AHEAD: Refrigerate for up to 1 week.
EQUIPMENT: 5- to 8-cup container with lid, thermometer

Making homemade yogurt is easy. Heat milk, combine with a little bit of already-cultured yogurt and let it sit in a warm spot until the milk turns into yogurt. If you want to keep making your own yogurt, save some of the last batch to help start the next batch. (To turn plain yogurt into Greek yogurt, see Tip on page 101.)

1. Heat **4 cups nonfat or low-fat milk** in a large saucepan over medium-high heat, stirring frequently, until it is steaming, barely bubbling and registers 180°F on an instant-read or candy thermometer. (Do not leave unattended—it can boil over very quickly.)
2. Carefully pour the milk into a clean, heat-safe 5- to 8-cup container. Let stand, stirring frequently, until cooled to 110°F. Combine **¼ cup nonfat or low-fat plain yogurt** with ½ cup of the 110° milk in a small bowl, then stir the mixture back into the warm milk.
3. Cover the container and wrap in a clean kitchen towel to help keep it warm. Place in a very warm place (see *Tip, below*) and let stand, undisturbed, until thickened and tangy, at least 8 hours and up to 12 hours. Refrigerate until cold, about 2 hours. The yogurt will thicken a bit more in the refrigerator.
SERVES 4: 1 CUP EACH

TIP: To create a very warm (about 110°F) environment for making yogurt: Turn your oven on to 200°F for about 5 minutes, then turn it off. Add the towel-wrapped container of yogurt and if you have an oven light, turn it on for added warmth.

EDITOR'S PICK

"Want to make DIY yogurt even easier? Invest in a yogurt maker (like this Euro Cuisine one). All you have to do is set it and go!"
—Breana Lai, Associate Food Editor

Greek vs. Regular: By the Numbers

Go for Greek yogurt if you're looking for more satisfying protein. You also get less than half the carbs and sugar of regular. If it's calcium you're after, choose regular. It delivers more calcium by 2 to 1 and you also get twice the potassium.

SERVING: 1 CUP (NONFAT)	GREEK	REGULAR
CALORIES	133	137
TOTAL FAT (G)	0	0
SODIUM (MG)	81	189
TOTAL CARB (G)	8	19
SUGARS (G)	7	19
PROTEIN (G)	23	14
CALCIUM (MG) (%DV)	248 (25%)	488 (49%)
POTASSIUM (MG) (%DV)	317 (9%)	625 (18%)

...e probiotic bacteria in yogurt are beneficial to your immune and digestive systems. Look for brands that carry the Live & Active Cultures seal, which guarantees 100 million cultures per gram, or about 17 billion cultures per 6-ounce container.

Coconut Yogurt Pops Combine 3 cups nonfat vanilla yogurt (not Greek), 1 cup sweetened coconut flakes and ½ teaspoon coconut extract in a medium bowl. Divide among ten 3-ounce (or similar-size) freezer-pop molds. Insert sticks and freeze until solid, at least 6 hours. Dip the molds briefly in hot water before unmolding. **SERVES 10:** 1 (3-OUNCE) POP EACH

Raspberry Overnight Muesli Combine ¾ cup nonfat vanilla yogurt and ½ cup old-fashioned rolled oats in a medium bowl. Cover and refrigerate for 8 to 24 hours. Stir in ½ cup fresh raspberries and top with 1 tablespoon toasted chopped almonds just before eating **SERVES 1:** ABOUT 1 CUP

Fattoush with Yogurt-Tahini Dressing Whisk ⅓ cup nonfat plain yogurt, 2 tablespoons tahini, 1 tablespoon lemon juice, ½ teaspoon ground cumin, ½ teaspoon dried oregano and ¼ teaspoon pepper in a large bowl. Mash 1 small minced garlic clove and ¼ teaspoon salt together with the side of a chef's knife. Add the paste to the bowl and whisk to combine. Add 4 cups torn romaine lettuce, 1 cup halved and sliced cucumber and 1 cup halved cherry tomatoes and toss with the dressing. Serve topped with ½ cup broken pita chips and ¼ cup crumbled feta cheese **SERVES 4:** 1 CUP EACH

Let's Add Yogurt!

Yogurt-Curry Marinated Chicken Thighs Whisk 1 cup nonfat plain yogurt, ⅓ cup grated onion, 3 tablespoons curry powder, 1 tablespoon extra-virgin olive oil, 1 teaspoon salt and ½ teaspoon crushed red pepper in a shallow pan. Add 4 large or 8 small bone-in, skinless chicken thighs (about 2 pounds). Refrigerate for 4 to 8 hours. Grill or broil the chicken until cooked through, 25 to 30 minutes **SERVES 4:** 1 OR 2 THIGHS EACH

Scallion-Dill Potato Salad Halve or quarter 1½ pounds unpeeled red or yellow potatoes. Cook over 2 inches boiling water in a large pot fitted with a steamer basket until tender, 12 to 15 minutes. Let cool to room temperature. Combine ¾ cup nonfat plain yogurt, 4 sliced scallions, 3 tablespoons minced fresh dill and ½ teaspoon each salt and pepper in a large bowl. Add the potatoes and toss to coat. **SERVES 4:** ABOUT 1 CUP EACH

Quick Fettuccine Alfredo Cook 8 ounces whole-wheat fettuccine according to package directions. Drain, reserving ½ cup of the cooking water. Melt 1 tablespoon butter in a large saucepan over medium heat. Add 1 minced garlic clove and cook for 1 minute. Stir in the pasta water and remove from heat. Whisk in ¾ cup nonfat plain Greek yogurt, ½ cup shredded Parmesan cheese, 1 tablespoon chopped fresh parsley, ¼ teaspoon each salt and pepper and ⅛ teaspoon nutmeg. Add the fettuccine and combine well. Serve topped with another ¼ cup Parmesan. **SERVES 4:** 1 CUP EACH

Seared Chicken with Lemon-Herb Cream Sauce Cook two 8-ounce boneless, skinless chicken breasts with 2 teaspoons extra-virgin olive oil in a medium nonstick skillet over medium heat until browned and cooked through, 8 to 10 minutes per side. Whisk ¾ cup nonfat plain yogurt, 2 tablespoons minced preserved lemon (or 2 teaspoons lemon zest), 1 tablespoon extra-virgin olive oil, 1 tablespoon each finely chopped fresh oregano and parsley and ¼ teaspoon each salt and pepper in a small bowl. Serve the chicken with the sauce. **SERVES 4:** 3 OZ CHICKEN & 2 TBSP SAUCE EACH

Instant Mango Frozen Yogurt Combine 4½ cups diced frozen mango (16-ounce bag), 1½ cups nonfat plain Greek yogurt and ⅓ cup confectioners' sugar or brown sugar in a food processor. Process until smooth. **SERVES 6:** ½ CUP EACH

Avocado-Yogurt Dip Place 1 ripe peeled pitted avocado, ½ cup nonfat plain yogurt, 2 tablespoons chopped onion, ⅓ cup packed fresh cilantro, 1 tablespoon lime juice and ¼ teaspoon each salt and pepper in a food processor. Process until smooth. Season with hot sauce to taste, if desired. Serve with crunchy vegetables, pita chips or pretzels or use as a sandwich spread. **SERVES 8:** 2 TBSP EACH

Strawberry & Yogurt Parfait Combine 1 cup sliced fresh strawberries and 1 teaspoon sugar in a small bowl and let stand until the berries start to release juice, about 5 minutes. To assemble, layer ½ cup nonfat plain Greek yogurt and the strawberries with their juice in a 2-cup jar (or similar container) and top with ¼ cup granola. **SERVES 1:** ABOUT 1¼ CUPS

For nutrition information, turn to the recipe index on page 107

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TEST KITCHEN

The New Quiche

I love hosting brunch for friends, but I don't like to get up extra early to cook. This quiche with a flaky crust—as pretty as it is delicious—is my solution. It can be made ahead and is just as flavorful served warm or at room temperature. But as perfect as quiche is for entertaining, it's hard to celebrate its healthfulness. So, we've given it a makeover. We start with a healthier crust, add lots of vegetables and pour in a lighter egg filling. Like the classics? Try Ham & Swiss Quiche. Or for a taste of the Southwest, layer in corn, cherry tomatoes and pickled jalapeños. And because quiche is so satisfying, you'll want to try these recipes for lunch or a light supper too. No matter how you slice it, you're on your way to a better quiche. —Stacy Fraser

~ 4 Steps to Healthier Quiche ~

A whole-grain crust, rich-tasting caramelized onions, full-flavored cheese, plenty of vegetables and a lighter egg filling cuts half the saturated fat and triples the fiber in each serving of this Ham & Swiss Quiche compared to a typical recipe.

Step 1 Start with a Healthier Crust
Make a crust with half whole-wheat flour, replace some of the butter with heart-healthy olive oil and add a little sour cream to keep it flaky and tender. When you make your own, you'll skip the unhealthy fats, preservatives and artificial color found in many store-bought crusts.

Step 2 Layer in Big Flavor with Caramelized Onions
Spread a rich-tasting layer of this secret ingredient in the bottom of any quiche to add sweet and savory flavor instead of piling in the large amount of cheese found in most recipes.

Step 3 Use Plenty of Veggies & Lean Protein
Add variety (and nutrients) with chopped vegetables and lean protein. And you don't have to skip less-healthy ingredients, such as rich cheeses or salty cured meats, just use them sparingly as an accent flavor.

Step 4 Skip the Cream & Drop Some Yolks
Make a filling using a combination of whole eggs and egg whites. (Egg whites have just 16 calories and no fat compared to 54 calories and 5 grams of fat in each yolk.) Swap in low-fat milk for the heavy cream and add a touch of sour cream to keep the mixture luxuriously rich.

BASIC QUICHE CRUST

Whisk **¾ cup each white-whole-wheat flour** and **all-purpose flour** with **¼ teaspoon salt** in a medium bowl. Cut **2 tablespoons cold butter** into small pieces, using your fingers, quickly rub the butter into the dry ingredients until smaller but still visible. Add **2 tablespoons each sour cream** and **extra-virgin olive oil**, toss with a fork to combine with the dry ingredients. Sprinkle **2 tablespoons ice water** over the mixture. Toss with a fork until evenly moist; if the mixture seems dry, add up to 1 more tablespoon water. Knead the dough in the bowl a few times—the mixture may still be a little crumbly—then firmly press into a disk. Cover the bowl with plastic wrap and refrigerate for at least 1 hour and up to 2 days. Or wrap airtight and freeze for up to 3 months.

MAKES: ONE 9-INCH CRUST

SEE HOW TO CRIMP OR FLUTE YOUR QUICHE CRUST at eatingwell.c

Turn to page 100 for the Classic Quiche recipe plus 6 delicious variations.

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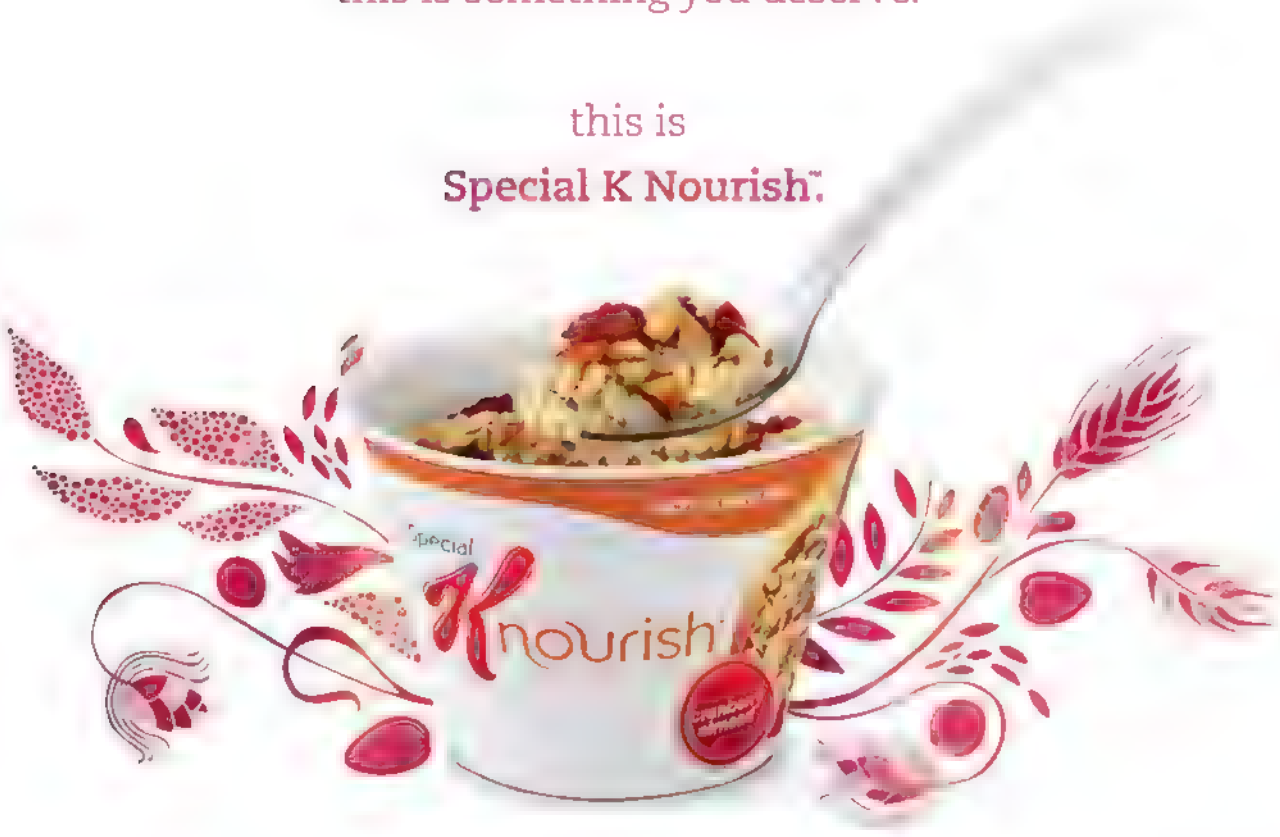

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CLASSIC QUICHE WITH 6 VARIATIONS

To make classic onion, egg and cheese quiche, use this basic recipe and omit Vegetables & Flavorings in Step 3—or try one of the variations below.

- 1 recipe Basic Quiche Crust (page 98)
- 2 teaspoons extra-virgin olive oil
- 2 cups diced onions
- ⅛ teaspoon salt plus ¼ teaspoon, divided
- 2 tablespoons water
- ½ cup finely shredded Parmesan cheese
- 4 large eggs
- 2 large egg whites
- ¾ cup low-fat milk
- ¼ cup sour cream
- ¼ teaspoon freshly ground pepper

1. Prepare crust. Refrigerate for at least 1 hour.

2. Preheat oven to 375°F. Coat a 9-inch pie pan with cooking spray.

3. Heat oil in a medium skillet over high heat. Add onions and ⅛ teaspoon salt; cook, stirring frequently, until the onions start to brown, 3 to 5 minutes. Add water, reduce heat to low and cook, stirring frequently, until the onions are golden brown and very soft, about 15 minutes. Remove from heat and let cool while you roll out the crust.

4. Place the dough on a sheet of parchment or wax paper and roll into a 12- to 13-inch circle, dusting the top with a little flour, as needed. (If chilled more than 1 hour, let the dough stand at room temperature for 5 minutes before rolling.) Place the prepared pie pan upside down in the center of the dough. Holding one hand on top of the pan and the other hand underneath the paper, flip pan and dough over so the dough is lining the pan. Remove the paper and patch any tears in the dough. Trim the crust so it evenly overhangs the edge by about 1 inch, then tuck the edges under at the rim and crimp with your fingers or a fork.

5. Spread the caramelized onions in the bottom of the crust. (If using **Vegetables & Flavorings**—see *variations*—layer on top of the onions.) Top with Parmesan (or other **Cheese**: see *variations*). Whisk eggs, egg whites, milk, sour cream, the remaining ¼ teaspoon salt and pepper in a medium bowl. Pour the mixture into the crust.

6. Bake the quiche until puffed and firm when touched in the center, 40 to 50 minutes. Let cool on a wire rack for 15 minutes. To serve, cut into 8 pieces.

~ All variations make 8 servings. For nutrition information, see recipe index on page 102. ~

MUSHROOM & BACON
Vegetables: 1 cup diced mushrooms
Flavorings: 3 strips chopped cooked bacon & 1 Tbsp. chopped fresh sage
Cheese: ½ cup finely shredded Parmesan cheese

ASPARAGUS & SMOKED SALMON
Vegetables. 1 cup finely chopped asparagus
Flavorings: ½ cup chopped smoked salmon & 1 Tbsp. chopped fresh dill
Cheese: ½ cup reduced-fat cream cheese, cut into small pieces

MEXICAN VEGETARIAN
Vegetables. ¾ cup corn & ½ cup quartered cherry tomatoes
Flavorings: ⅓ cup chopped pickled jalapeños
Cheese: ½ cup shredded Jack cheese

HAM & SWISS
Vegetables. 1 cup finely diced red bell pepper
Flavorings: ⅓ cup finely diced ham steak & 1 tsp. chopped fresh thyme
Cheese: ½ cup shredded Swiss cheese

CHEDDAR & BROCCOLI
Vegetables. 1 cup finely chopped broccoli
Flavorings: 1 tsp. chopped fresh rosemary
Cheese: ½ cup shredded Cheddar cheese

SHRIMP & SPINACH
Vegetables: 1 cup finely chopped spinach
Flavorings: ¾ cup chopped cooked shrimp & 1 Tbsp. fresh chopped oregano
Cheese: ½ cup crumbled feta cheese

TIPS & NOTES

> You don't have to cook fancy or complicated masterpieces—just good food from fresh ingredients
>
> —*Julia Child*

Mirin (page 28) is a sweet, low-alcohol rice wine essential in Japanese cooking. Look for it in your supermarket with the Asian or gourmet ingredients. It will keep for several months in the refrigerator. An equal portion of sherry or white wine with a pinch of sugar can be used as a substitute.

Look for mild-flavored white (sweet) miso (pages 28, 74), made with soy and rice, near tofu at well-stocked supermarkets. It will keep in the refrigerator for at least a year.

When choosing ahi (yellowfin) tuna (page 28), look for U.S.-caught fish (from the Atlantic or the Pacific)—it's most likely to be sustainably fished. For more information about choosing sustainable seafood, visit *seafoodwatch.org*.

Sodium amounts vary widely among brands of plum and crushed tomatoes (pages 35, 66). And although it can be hard to find any labeled "no-salt-added," for the best tomato flavor we use brands that have little or no added sodium. Compare nutrition labels and choose one that has 190 mg sodium or less per ½-cup serving.

Shao Hsing (or Shaoxing) (page 48) is a seasoned rice wine used in Chinese cooking to flavor sauces, marinades and stir-fries. Look for it in Asian specialty markets or with other Asian ingredients in large supermarkets. Dry sherry can be used as a substitute.

For the best flavor, toast nuts and seeds before using in a recipe. To toast small nuts, chopped nuts & seeds (pages 48, 66), place in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

Piment d'Espelette (page 88) is a sweet, mildly spicy pepper, from the French side of the Basque region, ground into powder. Look for it in well-stocked supermarkets, gourmet markets or in the bulk spice section in natural foods stores. Regular or hot paprika can be used as a substitute.

To make your own Greek yogurt: Line a large fine-mesh sieve with 2 layers of cheesecloth and place over a large bowl. Spoon 4 cups plain yogurt into the cheesecloth, cover and refrigerate for 8 to 24 hours, depending on how thick you want it. (*For a homemade yogurt recipe, see page 93.*) Makes about 2 cups.

$5,000 KITCHEN MAKEOVER SWEEPSTAKES (page 8): NO PURCHASE NECESSARY TO ENTER OR WIN. Subject to Official Rules available at www.eatingwell.com/Win_Reader, www.ultg.com/WinReader and www.parents.com/WinReader. The $5,000 Sweepstakes begins at 12:01 a.m. ET on [illegible] and ends at 11:59 p.m. ET on 4/30/14. Open to legal residents of the 50 United States and the District of Columbia, 21 years of older. Limit one (1) entry per person and per email address per day, regardless of website through which you enter. Void where prohibited. Sponsor: Meredith Corporation.

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RECIPE & NUTRITION INDEX

										HEART-HEALTHY				DAILY VALUE (DV)					

KEY TO RECIPE & NUTRITION INDEX

HOW WE TEST RECIPES

Each of our recipes is tested in the *EatingWell* Test Kitchen. Our goal is to provide healthy, delicious recipes that really work.

- Recipes are tested on average seven times each.
- Each recipe is tested by multiple testers.
- We test on both gas and electric stoves.
- We use a variety of tools and techniques.
- Testers shop major supermarkets to research availability of ingredients.
- Testers measure active and total time to prepare each recipe.

HOW WE ANALYZE RECIPES

- All recipes are analyzed for nutrition content by a Registered Dietitian.
- We analyze for calories, total & saturated (sat) fat, cholesterol, carbohydrate, total & added sugars, protein, fiber, vitamins and minerals, using The Food Processor® SQL Nutrition Analysis Software from ESHA Research, Salem, OR. The complete analysis appears with each recipe or on eatingwell.com; some nutrients are highlighted here.
- Garnishes and optional ingredients are not included in analyses.

KEY TO COLUMN LABELS

45 MIN OR LESS: A recipe's start-to-finish time is 45 minutes or less.

BUDGET: Entrees that cost less than $3 per serving; sides and desserts that cost less than $1.50 per serving. *(See "How We Price Recipes," below.)*

LOW-CAL: Entrees have ≤350 calories per serving; combination meals (protein plus starch **or** vegetable) have ≤420 calories; complete meals (protein plus starch **and** vegetable) have ≤500 calories. Side dishes, muffins, breads and desserts have ≤250 calories per serving; dips and salsas have ≤100 calories per serving.

HEART-HEALTHY: Recipes have limited saturated fat. Entrees have ≤3 grams saturated fat per serving (seafood entrees have ≤5 grams); combination meals have ≤5 grams (seafood ≤7 grams); complete meals (including seafood meals) have ≤7 grams. Side dishes, muffins, breads and desserts have ≤2 grams saturated fat per serving; dips and salsas have ≤1 gram.

VEGETARIAN: Meatless or includes meatless options.

VEGAN: No animal products. Check the labels of your ingredients, such as chocolate, to make sure they don't contain hidden sources of animal products.

GLUTEN-FREE: Does not include wheat, rye, barley or oats. Check the labels of your ingredients, such as broths and condiments, to make sure they don't contain hidden sources of gluten.

% DAILY VALUE: When a recipe provides 15% or more of the Daily Value (dv) of a nutrient, it is listed. These values are FDA benchmarks for adults eating 2,000 calories a day.

For more on our nutritional-analysis process, visit eatingwell.com/go/guidelines.

HOW WE PRICE RECIPES

- Costs for ingredients come from online grocers safeway.com and peapod.com.
- Costs include every ingredient, even staples.
- Costs include only the amount used (e.g., 1 teaspoon capers, not the entire jar).
- Garnishes and optional ingredients are not included in cost.
- Prices are best estimates as of winter 2014.

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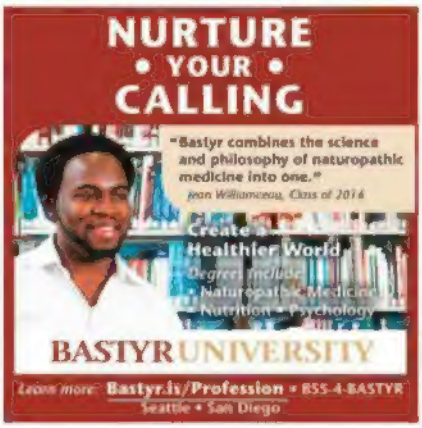
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Saving Seeds, Saving Diversity

Got a small plot or even a window box? Then now's the time to grow and eat some yummy, funky heritage veggies. By Jackie Varriano

Photo by Michael Schmitt

Who They Are Oregon farmer Andrew Still's big beard nearly muffles his low, soothing voice. In fact, just about the only thing that gets him to raise the bass a few octaves is the topic of seeds. In 2007, he and his partner, Sarah Kleeger, took their savings and headed to Europe for the winter with the goal of finding and trading rare seeds. They met with farmers and attended seed swaps, returning with over 800 varieties, including the Pancho leek from England (which they're working with below), a beautiful blue-green leek that grows quickly.

What They're Doing In the years since, they've tested those varieties for climate compatibility, flavor and more, while continuing to expand and refine their collection. "After a couple years of doing that, we realized we had to start a seed company just to get rid of all the seed we had accumulated," jokes Still. He and Kleeger founded Adaptive Seeds on their 10-acre farm in Sweet Home, Oregon, in 2010. They grow some produce to sell at local farmers' markets, but the majority is grown just for seed, which is saved, sold at local shops, through an annual catalog and at *adaptiveseeds.com*. "It's our goal to re-diversify agricultural production and gardens in general," says Still.

Why It's Cool Kleeger and Still focus on heritage and open-pollinated seed varieties suited to the Pacific Northwest. Open pollination is the key. It means plants are pollinated by insects or other natural mechanisms, allowing plants to slowly adapt to local climate. It also means you can save—and grow—the seeds from each generation of plant, a necessity for maintaining crop diversity. In contrast, you can't grow the seeds produced from hybrid plants you see in many catalogs. The hope is that by spreading these seeds they'll be saving foods like the Lower Salmon River Squash, a light pink squash with incredibly sweet flesh that's in danger of extinction. The duo has helped nominate this squash to be added to Slow Food's Ark of Taste, a way to raise its profile and hopefully ensure its survival.

GET SEEDS: Other sources for rare seeds include *nativeseeds.org*, *southernexposure.com* and *rareseeds.com*

Know someone doing something interesting, innovative or fun with food who you'd like to see in *EatingWell*? Tell us about them: email editor@eatingwell.com with "tastemaker" in the subject line.

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